



# Fall 2025

## Program Catalog

Art, History, Wellness, Technology,  
Trips, Tours, Volunteering and more!



WELLMED  
CHARITABLE FOUNDATION

Sponsored by:



HUMAN SERVICES  
CITY OF SAN ANTONIO

**MM**  
*Morningside Ministries*  
Senior Living Communities

# Welcome to San Antonio Oasis

## Our Mission:

To promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

You can join Oasis by registering at the Oasis Center, by phone or online. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, gender, race, religion or background.

## Center Locations:

### Oasis at The Meadows:

700 Babcock Rd.  
San Antonio, TX 78201

### Oasis at The Chandler House:

137 W. French Place  
San Antonio, TX 78212  
(Parking available at 510 Belknap Place)

## Hours:

Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

## Contact Us:

San Antonio Oasis  
700 Babcock Rd., San Antonio, TX 78201

<https://san-antonio.oasisnet.org/>

(210) 236-5954



## Meet Our Team

**Greg Perkins**  
Administrative Assistant

**Ginny Brown**  
Associate Director

**Sharon Gomez**  
Financial Coordinator

**Lisa Buske**  
Marketing and  
Curriculum Coordinator

**Julie Gonzalez**  
Program Coordinator

**Kelley Gallant**  
Wellness Coordinator

**Cynthia Cardenas**  
Executive Director

**Craig Stimson**  
Outreach Coordinator

## Oasis will be closed and classes will not meet on the following dates:

August 28	Volunteer Training
September 1	Labor Day
November 24-28	Thanksgiving
December 22- January 2	Holiday Break

## On The Cover

San Antonio Oasis members enjoyed the "Best of Romania" trip, where they toured Bucharest, Transylvania, Sinaia, Bran, and Brasov, and visited many historic sites.



# Table of Contents

Wellness.....	4
Arts and Humanities.....	19
Registration Procedures.....	24
Registration Form.....	25-28
Consumer Interest.....	36
Technology.....	42
Outreach Sites.....	45
Walking Tours.....	49
Day Trips.....	50
Travel.....	51

## NOTE:

**Not all classes are held  
at the Oasis Centers.  
Please check locations.**



## CHECK YOUR CALENDAR

**Please check your calendar before  
signing up for classes. Credit will not be  
given for signing up for two classes at the  
same time!**

## Sponsors

Oasis is a non-profit organization. Local sponsors are the City of San Antonio, WellMed Charitable Foundation and Morningside Ministries. San Antonio Oasis is affiliated with The Oasis Institute.

## Registration

Please note registration procedures on page 24. Registration is required for all classes.

## Fees

There is no charge to join Oasis. There is a fee for some classes. Fees are due at the time of registration. Scholarships for class fees are available for participants who have financial difficulties.

## Credit Card Payment Policy

Members cannot pay for another member using a credit card. Only checks or cash will be accepted when paying for another member.

## Refund Policy

- All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty.  
(Documentation must accompany request.)
- Oasis must be notified before the first class begins.
- If a credit is due, you will receive an Oasis store credit that can be used for a future program.
- If class supplies are included in the fee, cost of the supplies will be deducted from the store credit unless the class is cancelled by Oasis.
- Transferring of classes from one person to another is not permitted. Store credits cannot be transferred to other Oasis members. Class fees are not prorated. This policy does not include day trips or travel.
- Oasis day trips are nonrefundable and non-transferrable.

## Disclaimer Notice

The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.

## Texercise

This fun and innovative class was created by the Texas Health and Human Services Commission (HHSC) and is offered to older adults all across Texas. Learn and practice strength, flexibility and endurance-building exercises designed to keep you fit and independent. Exercises are done seated and/or standing and can be modified to meet participant needs.

**Location: Oasis at The Meadows**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>100</b> | <b>Mondays &amp; Fridays</b>    | <b>Sep 5-Oct 6</b>   |
|            | Fee: \$25                       | 9:00-9:45            |
| <b>101</b> | <b>Mondays &amp; Fridays</b>    | <b>Oct 10-Nov 10</b> |
|            | Fee: \$25                       | 9:00-9:45            |
| <b>102</b> | <b>Mondays &amp; Fridays</b>    | <b>Nov 14-Dec 19</b> |
|            | Fee: \$25                       | 9:00-9:45            |
| <b>103</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Sep 2-Oct 2</b>   |
|            | Fee: \$25                       | 9:00-9:45            |
| <b>104</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Oct 7-Nov 6</b>   |
|            | Fee: \$25                       | 9:00-9:45            |
| <b>105</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Nov 11-Dec 18</b> |
|            | Fee: \$25                       | 9:00-9:45            |

**Location: Oasis at The Chandler House**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>106</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Sep 2-Oct 2</b>   |
|            | Fee: \$25                       | 11:45-12:30          |
| <b>107</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Oct 7-Nov 6</b>   |
|            | Fee: \$25                       | 11:45-12:30          |
| <b>108</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Nov 11-Dec 18</b> |
|            | Fee: \$25                       | 11:45-12:30          |

## Circuit Training



*Gina Chinn*

Come join us for a fun class that incorporates both cardio and strength exercises. Stations are set up to provide a full body workout as you make your way around the circuit.

**Location: Oasis at The Meadows**

- |            |                |                      |
|------------|----------------|----------------------|
| <b>109</b> | <b>Mondays</b> | <b>Sep 8-29</b>      |
|            | Fee: \$28      | 12:00-1:00           |
| <b>110</b> | <b>Mondays</b> | <b>Oct 6-Nov 3</b>   |
|            | Fee: \$35      | 12:00-1:00           |
| <b>111</b> | <b>Mondays</b> | <b>Nov 10-Dec 15</b> |
|            | Fee: \$35      | 12:00-1:00           |

## 112 Step It Up!



*Karen Brown*

Move and groove in this aerobics class using the aerobics stepper for equipment. You will have fun as you gain endurance and muscle.

**Location: Oasis at The Meadows**

- |                        |                    |
|------------------------|--------------------|
| <b>Wednesdays</b>      | <b>Sep 3-Oct 8</b> |
| Fee: \$35              | 12:00-1:00         |
| <b>No Class Sep 17</b> |                    |



## Chair Yoga

*Gina Chinn*

Improve flexibility, build better posture, and maintain muscle strength while seated in a chair. Each exercise offers light to moderately challenging range of motion, along with breathing exercise instruction and meditative elements. Benefits include improved circulation, respiration, endurance, and sleep.

**Location: Oasis at The Meadows**

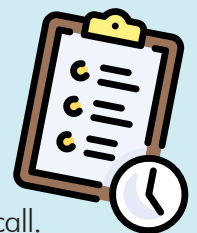
- |            |                |                      |
|------------|----------------|----------------------|
| <b>113</b> | <b>Mondays</b> | <b>Sep 8-29</b>      |
|            | Fee: \$28      | 1:15-2:15            |
| <b>114</b> | <b>Mondays</b> | <b>Oct 6-Nov 3</b>   |
|            | Fee: \$35      | 1:15-2:15            |
| <b>115</b> | <b>Mondays</b> | <b>Nov 10-Dec 15</b> |
|            | Fee: \$35      | 1:15-2:15            |

**Location: Oasis at The Chandler House**

- |            |                 |                    |
|------------|-----------------|--------------------|
| <b>116</b> | <b>Tuesdays</b> | <b>Sep 2-Oct 7</b> |
|            | Fee: \$42       | 12:45-1:45         |

## Waiting List Reminder

If you are placed on a wait list, you will be called when a spot becomes available. Please do not come to attend a class unless you receive a call.



## Stretch and Restore

*Gina Chinn*

Studies show that focusing on the breath relieves anxiety, relaxes muscles, reduces inflammatory response in the body. Move mindfully into a variety of gently stretching postures down on the yoga mat. Props such as yoga blocks, blankets, and straps will be provided to find a comfortable stretch. Participants are encouraged to work at their level. Class will end with restorative poses, supported supine postures, which will be held longer, providing a chance to practice training the mind. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>117</b> | <b>Mondays</b>   | <b>Sep 8-29</b>      |
|            | <b>Fee: \$28</b> | <b>2:30-3:30</b>     |
| <b>118</b> | <b>Mondays</b>   | <b>Oct 6-Nov 3</b>   |
|            | <b>Fee: \$35</b> | <b>2:30-3:30</b>     |
| <b>119</b> | <b>Mondays</b>   | <b>Nov 10-Dec 15</b> |
|            | <b>Fee: \$35</b> | <b>2:30-3:30</b>     |

## 120 Tai Chi for Arthritis and Fall Prevention

*Craig Stimson*

Older adults are more likely to fall which can cause serious injury and the most common causes of falls include muscle weakness, poor balance, and lack of confidence about moving. Many studies have shown that Tai Chi as being the one of the most effective approaches to preventing falls. This class focuses on improving balance, confidence and muscular strength as you learn the movements of Tai Chi. It is recommended to attend at least one of the first four sessions as the skills learned will build upon each other.

**Location: Oasis at The Meadows**

<b>Tuesdays &amp; Thursdays</b>	<b>Sep 30-Nov 20</b>
<b>Fee: \$80</b>	<b>2:30-3:30</b>



## 121 Tai Chi for Aging Well



*Fred Chavez*

Tai Chi is the art of nurturing the self and the science of power. We will learn a simple seven-movement form, meditation practices and balance training skills. These three are the pillars of foundational Tai Chi practice. Postural control, balance, flexibility, coordination, agility, strength, awareness, confidence and quality of sleep are a few of the primary benefits gained through practice. In addition, there are many therapeutic and holistic benefits to be gained.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$80**

**Sep 2-Dec 9**  
**6:00-7:00**



## Qigong

*Fred Chavez*

Qigong is an ancient form of exercise that aims to integrate the breath, postural alignment and mindfulness. Qigong relieves stress, calms the mind and emotions, and improves overall well-being. We will learn and practice the Yi Jin Jing form. Known as updated "The Muscle and Tendon Changing Classic," it is a profound physical, mental and emotional transformational practice.

**Location: Oasis at The Meadows**

**122** **Wednesdays**  
**Fee: \$40**




**Sep 3-Oct 1**  
**9:00-10:00**

**123** **Wednesdays**  
**Fee: \$40**

**Oct 8-Nov 5**  
**9:00-10:00**

**124** **Wednesdays**  
**Fee: \$40**

**Nov 12-Dec 17**  
**9:00-10:00**



**Has your address, phone  
number or email changed?  
Please call the center and  
update your information!**

## Yin Yoga and Yoga Nidra

*Fred Chavez*

Yin Yoga uses longer-held, passive, down on the mat postures to mobilize and strengthen our joints, ligaments and deeper connective tissues (fascia). Each class will conclude with Yoga Nidra, a relaxing guided meditation while lying on the mat. Bring a yoga mat.

**Location: Oasis at The Meadows**

- 125** Wednesdays Sep 3-Oct 1  
Fee: \$40 10:15-11:30
- 126** Wednesdays Oct 8-Nov 5  
Fee: \$40 10:15-11:30
- 127** Wednesdays Nov 12-Dec 17  
Fee: \$40 10:15-11:30

## Dance Fitness

*Angela Clifton*



For active older adults who are looking for a fun and exciting class that combines dance steps with cardiovascular exercise. We'll focus on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**Location: Oasis at The Meadows**

- 128** Tuesdays & Wednesdays Oct 7-22  
Fee: \$42 12:30-1:30
- 129** Tuesdays & Wednesdays Oct 28-Nov 12  
Fee: \$42 12:30-1:30
- 130** Tuesdays & Wednesdays Nov 18-Dec 10  
Fee: \$42 12:30-1:30

**Location: Oasis at The Chandler House**

- 131** Tuesdays Oct 14-Nov 18  
Fee: \$42 10:15-11:15

## 132 Functional Fitness

*Gina Chinn*

This class is designed to strengthen the whole body to make everyday movements easier. We alternate between lower body and upper body exercises using light weights.

**Location: Oasis at The Chandler House**

- Tuesdays Sep 2-Oct 7  
Fee: \$42 2:00-3:00

## Functional Fitness

*Lisa Bombela-Comuzzie, RD, LD, CPRS*

Functional training is focused on movement patterns that have a purpose. They can be related to walking, squatting to pick something up, lifting, pushing, sitting, standing and balance. We will focus on getting stronger for our everyday needs.

**Location: Oasis at The Meadows**

- 133** Wednesdays Sep 3-Oct 1  
Fee: \$35 1:45-2:45
- 134** Wednesdays Oct 8-Nov 12  
Fee: \$35 1:45-2:45  
No Class Nov 5
- 135** Wednesdays Nov 19-Dec 17  
Fee: \$28 1:45-2:45

## 136 Beginner Ballet

*Cory Fritz*

In this beginner level class, you will learn simple ballet steps and basic positions of the arms and feet. Barre and center work will be incorporated to improve balance, posture and flexibility. Modifications can be made for any ability. No previous dance experience is needed. No ballet shoes needed.

**Location: Oasis at The Meadows**

- Thursdays Sep 4-Oct 16  
Fee: \$49 10:00-11:00

## 137 Intermediate Ballet

*Cory Fritz*

In this intermediate class, we will expand upon ballet steps and positions of the arms and feet. This class is perfect for those who have previously taken beginner ballet and want to continue their ballet practice. Barre and center work will be incorporated to improve balance, posture, and flexibility. No ballet shoes needed.

**Location: Oasis at The Meadows**

- Thursdays Oct 16-Dec 4  
Fee: \$49 10:00-11:00



## Line Dancing

*Angela Clifton*

Want to exercise and have fun? Line dancing is the best of both worlds. You can expect to learn a variety of dances in this class and no prior dance experience is required. Come join us to get your groove on!

**Location: Oasis at The Meadows**

- |                       |               |
|-----------------------|---------------|
| <b>138</b> Wednesdays | Oct 15-Nov 12 |
| Fee: \$35             | 11:30-12:30   |
| <b>139</b> Wednesdays | Nov 19-Dec 17 |
| Fee: \$28             | 11:30-12:30   |

## Stretch and Balance

*Gina Chinn*

This class focuses on improving flexibility, range of motion, and stability through a combination of stretching exercises and balance training. For individuals who are seeking to enhance their overall physical wellbeing, prevent injuries and improve their functional fitness.

**Location: Oasis at The Meadows**

- |                      |               |
|----------------------|---------------|
| <b>140</b> Thursdays | Sep 4-Oct 2   |
| Fee: \$35            | 1:30-2:30     |
| <b>141</b> Thursdays | Oct 9-Nov 6   |
| Fee: \$35            | 1:30-2:30     |
| <b>142</b> Thursdays | Nov 13-Dec 18 |
| Fee: \$35            | 1:30-2:30     |

## Seated Strength Training

*LeAnn Lupton*

Upper and lower body chair assisted strength training exercises using dumb bells for weight bearing muscular strength and resistant bands for muscular endurance. Light cardio chair assisted exercises may be incorporated based on class needs.

**Location: Oasis at The Meadows**

- |                    |               |
|--------------------|---------------|
| <b>143</b> Fridays | Sep 5-Oct 3   |
| Fee: \$35          | 11:15-12:15   |
| <b>144</b> Fridays | Oct 10-Nov 7  |
| Fee: \$28          | 11:15-12:15   |
| <b>145</b> Fridays | Nov 14-Dec 19 |
| Fee: \$35          | 11:15-12:15   |

## 146 Beginner Yoga



*Marti Ewing*

If you don't know a downward dog from a mountain pose-this class is for you! You will learn basic yoga concepts, including positions, poses, breathing exercises and techniques. Standing, floor and chair exercises will be practiced. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |                  |                   |
|------------------|-------------------|
| <b>Tuesdays</b>  | <b>Sep 2-30</b>   |
| <b>Fee: \$35</b> | <b>12:30-1:30</b> |

## Balance in Motion

*Gina Chinn*

This class focuses on improving balance and coordination through movement and strengthening exercises. Elements from yoga, Tai Chi and Pilates will be incorporated. For individuals who are seeking to enhance their overall physical wellbeing, prevent injuries and improve their functional fitness.

**Location: Oasis at The Meadows**

- |                      |               |
|----------------------|---------------|
| <b>147</b> Thursdays | Sep 4-Oct 2   |
| Fee: \$35            | 2:45-3:45     |
| <b>148</b> Thursdays | Oct 9-Nov 6   |
| Fee: \$35            | 2:45-3:45     |
| <b>149</b> Thursdays | Nov 13-Dec 18 |
| Fee: \$35            | 2:45-3:45     |

## Balance for Daily Life

*LeAnn Lupton*

Would you like to improve your balance while also increasing strength and flexibility? Join us to work through a variety of activities to improve balance while also increasing strength and flexibility.

**Location: Oasis at The Meadows**

- |                    |               |
|--------------------|---------------|
| <b>150</b> Fridays | Sep 5-Oct 3   |
| Fee: \$35          | 10:00-11:00   |
| <b>151</b> Fridays | Oct 10-Nov 7  |
| Fee: \$28          | 10:00-11:00   |
| <b>152</b> Fridays | Nov 14-Dec 19 |
| Fee: \$35          | 10:00-11:00   |



## Deep Water Aquacise

*Magali Martell*

A low-impact strength, flexibility and cardiovascular workout. Starts in shallow water and moves into deep water. Buoyancy belts provided - swimming ability not required. Classes are held in an indoor pool. Fee includes parking pass.

**Location: St. Mary's University Pool**  
**One Camino Santa Maria**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>153</b> | <b>Mondays &amp; Wednesdays</b> | <b>Sep 3-Oct 1</b>   |
|            | <b>Fee: \$63</b>                | <b>8:00-8:45</b>     |
| <b>154</b> | <b>Mondays &amp; Wednesdays</b> | <b>Oct 6-Nov 5</b>   |
|            | <b>Fee: \$70</b>                | <b>8:00-8:45</b>     |
| <b>155</b> | <b>Mondays &amp; Wednesdays</b> | <b>Nov 10-Dec 17</b> |
|            | <b>Fee: \$70</b>                | <b>8:00-8:45</b>     |

## 156 Walking Group

*Kelley Gallant*

Join this great group of walkers to get fit while exploring parks and walking trails in San Antonio. Each walk is about two miles and can include steep/uneven terrain. Each walk is at a different park or trail.

<b>Fridays</b>	<b>Oct 10-Nov 14</b>
<b>Fee: \$30</b>	<b>9:00-10:30</b>

## 157 Pickleball

*Gilda Garcia*

Let's learn to play pickleball - a game that's fun, easy to learn, and very popular for older adults! Join us as we learn the rules, the scoring, some basic strokes and how to serve the ball. The class is designed for those new to the game of pickleball and will meet once a week for two weeks.

No equipment or previous experience needed! We'll have time in each class to practice and play. Class will be held at "Chicken N Pickle" 5215 UTSA Blvd. San Antonio, TX 78249.

**Location: Chicken N Pickle**  
**5215 UTSA Blvd. San Antonio, TX 78249**

<b>Thursdays</b>	<b>Sep 18-25</b>
<b>Fee: \$30</b>	<b>10:00-11:30</b>



## 158 Cornerstones of Healthy Eating Patterns

*UTSA Dietetic Intern*

This class will explain the five pillars of healthy eating and explain how a varied diet provides the body with the essential nutrients it needs to thrive.

**Location: Oasis at The Meadows**

<b>Wednesday</b>	<b>Sep 3</b>
<b>Fee: \$7</b>	<b>1:00-2:30</b>

## 159 How Sweet It Is

*Gretchen Hill*

How do foods high in sugar sneak into our diet?

Learn effective ways to reduce sugar consumption! You'll enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 4</b>
<b>Fee: \$5</b>	<b>1:00-2:30</b>



## 160 The History of Tuberculosis

*Craig Stimson*

Tuberculosis is a disease that has affected humans for more than 70,000 years. From Scrofula and the 'Kings Evil' of the Middle Ages, to present-day multiple treatment protocols. TB has been a worldwide healthcare challenge. Join us for a fascinating look at a historical disease that continues to plague society today.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 4</b>
<b>Fee: \$7</b>	<b>1:00-2:30</b>

## 161 Affordable Dentures and Implants

*Preeti Singh*

In this class we will discuss causes of tooth loss, the consequences of tooth loss, steps for tooth replacement and why each step is important. We will share options for tooth replacement and also have time for questions.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Sep 9</b>
<b>Fee: \$7</b>	<b>1:00-2:30</b>



## 162 Aging Mastery Program

Modest lifestyle changes can produce big results! Be empowered and supported to cultivate health and longevity. We will encourage mastery-developing sustainable behaviors across many dimensions leading to improved health, stronger financial security and overall well-being. This is a fun, engaging education and behavior change incentive program for aging well. Ten-part series includes:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention

Sponsored by WellMed Charitable Foundation

**Location: Oasis at The Meadows**

**Tuesdays** **Sep 9-Nov 11**  
**Free** **10:00-11:30**

## 163 Head Over Heels: A Class on Falls Prevention

*Sarvani Ginjupalli, MD*

Falls are the most common cause of traumatic injuries in older adults and preventing these falls can be the key to maintaining a healthy and independent life. This seminar aims to provide helpful tips on everyday practices that may promote balance and decrease your risk of falling.

**Location: Oasis at The Meadows**

**Friday** **Sep 5**  
**Fee: \$7** **10:00-11:30**



## 164 Sleep Hygiene

*Marti Ewing*

This class, led by a yoga therapist with experience in a national sleep study at the VA, explores how sleep impacts overall health, cognitive function, and well-being, offering practical strategies for older adults to enhance their rest and quality of life. Learn tips on good habits and diaphragmatic breathing, bedtime and morning stretches and a short guided meditation you can use again and again.

**Location: Oasis at The Meadows**

**Tuesday** **Sep 9**  
**Fee: \$7** **2:45-4:00**

## Social Isolation

*Kelley Gallant, MBA*

A recent Surgeon General's Report released in 2023 stated that loneliness has risen to 'epidemic' proportions. The bad news is the lack of social contacts and having few people to interact with regularly can cause lasting physical and mental health risks. The good news is there are changes you can make in your everyday life to avoid social isolation.

**Location: Oasis at The Meadows**

**165 Thursday** **Sep 11**  
**Free** **10:00-11:30**

**Location: Oasis at The Chandler House**

**166 Thursday** **Oct 2**  
**Free** **2:00-3:30**

## 167 Social Media and Your Health

*Chelsea Carriker, MPH, CHES*

Explore the surprising ways social media can impact your mental and physical health, especially in today's connected world. We'll cover topics like information overload, mental fatigue, sleep disruption, misinformation, echo chambers, and so much more. The goal of this class is to offer realistic strategies to help you stay informed, connected, and in control of your well-being.

**Location: Oasis at The Meadows**

**Friday** **Sep 12**  
**Fee: \$7** **10:00-11:30**

## 168 Managing Difficult Dementia Behaviors

*Tina Smith, Caregiver SOS*

Has your loved one been exhibiting difficult dementia-related behaviors that seem different? This session will help participants find out what difficult behaviors are, what causes them, and some coping strategies for a variety of common difficult behaviors. You'll be able to share your questions and perspectives with other caregivers in a meaningful way.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 11</b>
<b>Free</b>	<b>1:00-2:30</b>

## 169 Heroes Journey on Aging

*Pat Whitty*

Are you navigating a major life transition or entering a new chapter in the second half of life? The Hero's Journey of Aging invites you to see this time not as an ending, but as a powerful adventure. In this engaging and reflective class, we'll explore the aging process through the timeless lens of the Hero's Journey—from the call to adventure and crossing the threshold, to meeting mentors, facing trials, discovering inner treasure, and ultimately returning with wisdom to share. Aging is not a decline—it's a deepening. Join us to reframe your story, embrace the unknown, and uncover the meaning, purpose, and strength that come with growing older.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 25</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 170 Anger Management

*Staci Makela Kerr*

Anger can take control of a situation and becomes a threat to our feeling of safety, which creates stress for us and others. Successfully managing anger (yours or others) can effectively reduce stress and make our lives easier.

**Location: Oasis at The Meadows**

<b>Friday</b>	<b>Sep 19</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 171 Exercise Is Medicine

*Blaise Collins*

We will focus on how to easily and conveniently incorporate exercise into your day. There is a lot of data out there around these micro-sessions, which I call Exercise Snacks that can significantly improve quality of life. We will also talk about principles of exercise and have a Q&A session.

**Location: Oasis at The Meadows**

<b>Monday</b>	<b>Sep 22</b>
<b>Fee: \$7</b>	<b>1:00-2:30</b>

## 172 Protein: Your Body's Superman

*Gretchen Hill*

Learn about the role of protein in our body and the importance of lean protein in our diet. Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

**Location: Oasis at The Chandler House**

<b>Tuesday</b>	<b>Sep 23</b>
<b>Fee: \$5</b>	<b>9:30-11:00</b>

## 173 Healthy Meal Planning

*Chelsea Carriker, MPH, CHES*

Want to eat healthier but don't know where to start? Whether you're cooking for one, managing a health condition or simply looking to eat well on a budget, come learn how to plan balanced meals, simplify grocery shopping and reduce food waste. Let's take the guesswork out of healthy eating.

**Location: Oasis at The Meadows**

<b>Friday</b>	<b>Sep 26</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 174 Longevity and Nutrition

*UTSA Dietetic Intern*

Longevity, or living a long and healthy life, is strongly influenced by nutrition. Join us for a look at specific dietary patterns that are linked to increased longevity.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 25</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 175 Mediterranean Diet

*UTSA Dietetic Intern*

You have heard of the Mediterranean Diet, but do you know what this diet consists of? What's the history of this diet? Is it good for my health? We will define the diet and its foundations, explain the history, discuss what the research says about how this diet affects your health, as well as discuss Mediterranean recipes.

**Location: Oasis at The Chandler House**

**Thursday**

**Sep 18**

**Fee: \$7**

**9:30-11:00**



## 176 Pickling For Gut Health

*Carolyn Osborn*

Probiotics. Prebiotics. Microbiome. Gut health. You hear these things everywhere but what do they really mean? In this class you will learn how to pickle, ferment and preserve foods not just because it makes them taste delicious but because they are also great for your body. There will be lots of pickles, kombucha and preserves to try plus recipes and ideas to take home.

**Location: Oasis at The Meadows**

**Wednesday**

**Sep 24**

**Fee: \$10**

**1:00-2:30**

## 177 Protecting Our Community from Overdose Risks

*UTHSC Pharmacy Students*

Learn how responsible opioid use and disposal can prevent misuse and overdoses. This presentation will include considerations for informed decision-making, the role of naloxone in saving lives, and the importance of proper medication disposal.

**Location: Oasis at The Meadows**

**Thursday**

**Sep 25**

**Free**

**1:00-2:30**

## 178 Understanding Medicare Changes

*Joni Reyna*

Learn more about the changes to Medicare and your Medicare options. Sponsored by WellMed.

**Location: Oasis at The Meadows**

**Friday**

**Sep 26**

**Free**

**10:00-11:30**

## 179 Functional Foods

*Lisa Bombela-Comuzzie, RD, LD, CPRS*

Functional foods are a new frontier of nutrition and food science, but the idea has been around for centuries. The concept of "food as medicine" is gaining attention in the US, as more people understand the link between diet, wellness and disease prevention. In this class, we will learn more about the medicinal and preventative properties of some nutrients and foods and how their components have been associated with prevention and/or treatment of numerous chronic diseases.

**Location: Oasis at The Meadows**

**Monday**

**Sep 29**

**Fee: \$7**

**1:00-2:30**

## 180 Creativity For Self-Care

*Zuly Serrano, LCSW*

This hands-on workshop invites participants to tap into their creative side as a powerful tool for self-care and emotional balance. Whether through writing, drawing, music, or simple crafts, creativity offers an accessible way to reduce stress, boost mood, and enhance self-expression. No prior artistic experience needed-just curiosity and an open mind. Participants will leave with simple, enjoyable practices they can integrate into daily life to nurture joy and well-being.

**Location: Oasis at The Meadows**

**Thursday**

**Oct 2**

**Fee: \$7**

**1:00-2:30**





## 181 Unbreakable Bones: Your Strength Training Solution

*Karen Luisi*

Unlock your bone strength! This dynamic workshop shows you how to build resilient bones through practical, targeted exercises. Learn the science, then move your body! Leave with a personalized 'Bone Health Blueprint' of exercises and video guides to stay active, independent, and strong for life!

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Oct 1**  
**1:00-2:30**

## 182 Eat Smart: Navigating the World of Processed Foods

*Michelle Pierce, BS, MDS*

In today's busy world, processed foods are everywhere-but not all processed foods are created equal. This class will help you understand the key differences between processed and ultra-processed foods, how they impact your health, and how to make smarter food choices. We'll explore common ingredients found in ultra-processed products, how to read food labels, and the effects of overconsumption on long-term health. You'll also learn practical tips for reducing ultra-processed foods in your diet and replacing them with more nourishing options.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Oct 7**  
**6:00-7:30** 

## 183 Micronutrient Deficiencies

*Mattalayne Pall*

Micronutrient deficiencies refer to the insufficient intake of essential vitamins and minerals required in small amounts for proper bodily function and development. This class will discuss dietary patterns, how to get these micronutrients through various dietary patterns, and potentially even developing supplement recommendations.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Oct 14**  
**6:00-7:30** 

## 184 The Impact of Improper Medication Disposal on the Environment

*UTHSC Pharmacy Students*

Discover how the improper disposal of medications can lead to environmental contamination and may even contribute to the rise of antibiotic-resistant bacteria. This session will highlight the importance of proper disposal methods and community efforts to protect our ecosystems and public health.

**Location: Oasis at The Meadows**

**Friday**  
**Free**

**Oct 10**  
**10:00-11:30**

## 185 Drinking Shrubs

*Craig Stimson*

Drinking shrubs have been part of early American history since the 1700's. Come learn about drinking vinegars (or shrubs), learn the process of making a shrub and enjoy tasty samples. All beverages are non-alcoholic.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Oct 16**  
**1:00-2:30**

## 186 Eating the Rainbow

*Gretchen Hill*

Seventy-seven percent of older adults don't get enough fruits and vegetables in their diet. This class will help you to get creative in adding healthy produce to your menus. Try out a healthy snack and take home a few recipes.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$5**

**Oct 17**  
**10:00-11:30**

## 187 Changing Your Mind About Pain

*Linda Mockeridge, LCSW*

We will explore pain management and connecting the mind and body and talk about possible alternative treatments. We'll explain how exercise rather than medication may help the body heal.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$7**

**Oct 20**  
**1:00-2:30**

## 188 Healthy Cooking and Shopping for One

*Abby Kurth*

This class will provide a healthy cooking demonstration highlighting how to cook for one. The class will also include information on how to shop for healthy food on a budget. Come join us for a great discussion and suggestions and questions from you.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$10**

**Oct 23**  
**10:00-11:30**

## 189 Reiki: Holistic Lifestyle Approach

*Ginny Brown, LCHW*

This comprehensive three-part series will discuss Reiki, a Japanese healing technique, and its benefits for a healthier lifestyle promoting balance and well-being. Reiki is used to reduce stress, improve sleep, enhance relaxation, and potentially boost the immune system. Reiki can also help manage pain, ease anxiety, and support overall emotional and spiritual health.

**Location: Oasis at The Meadows**

**Thursdays**  
**Fee: \$21**

**Oct 23-Nov 6**  
**10:00-11:30**



## 190 Healthy Steps for Older Adults

*Craig Stimson*

Healthy Steps for Older Adults is an evidence-based falls prevention program for adults 50 and over. The interactive, facilitated program raises participant awareness of multiple aspects of falls through activities, fall risks assessments and discussion. Participants discover potential risks in their own lives and develop individual mitigation strategies using local community resources. This two-session class offers a fall risk assessment, student handbook and a complete exercise plan for all skill levels.

**Location: Oasis at The Meadows**

**Thursdays**  
**Fee: \$30**

**Oct 23-30**  
**1:00-2:30**

## 191 Sharper Brains Extended

*Dan Dimitriu, PhD, PE*

As we age, our brains need continuous stimulation to maintain basic functions. This program is designed to improve a participant's brain performance through a series of fun activities that focus on improving spatial skills, 3D visualization, analytical skills, memory and so much more. Join us for this fun, hands-on program for your mind. Sharp minds stay fit!

**Location: Oasis at The Meadows**

**Fridays**  
**Fee: \$28**

**Oct 31-Nov 21**  
**10:00-11:30**

## 192 CPR Training

*Gyna Juarez*

CPR saves lives. This free CPR course will provide an opportunity for you to practice CPR hands-on, choking training as well as how to use an AED. This is not a certification course. This training is provided by the American Heart Association.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Nov 3**  
**10:00-11:30**

## 193 All About Hospice: Lunch & Learn

*Frances Jackson*

Come hear about all the benefits of hospice, some you may not be aware of. We'll also discuss when it is appropriate to admit a patient for hospice. Lunch will be provided.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Nov 3**  
**12:00-2:00**

## 194 Caring Together

*Tina Smith, Caregiver SOS*

Feeling frustrated with help from family members? This session explores the challenges of shared caregiving, offers strategies for dividing duties, and includes tips from fellow caregivers on strengthening family relationships.

**Location: Oasis at The Chandler House**

**Tuesday**  
**Free**

**Nov 4**  
**2:00-3:30**

## 195 Bringing Your Loved One Home from Rehab or a Hospital

*Tina Smith, Caregiver SOS*

Has your care receiver been to the hospital or rehab center recently? If so, you know how difficult after care can be, including the change in medications. This session will discuss new techniques for better transitions. You will hear other caregivers share their own issues with discharges and ideas to prevent future problems.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Nov 4**  
**10:00-11:30**

## 196 CBD Potential Benefits and Risks

*Siria Arriaga, AAS, CHW, CHWI*

CBD, (cannabidiol) the non-psychoactive compound found in the cannabis plant that has been studied for its potential medical benefits. We will discuss the latest research for pain relief, anxiety and a host of other medical and mental health concerns. We will also discuss safety and side effects.

**Location: Oasis at The Meadows**

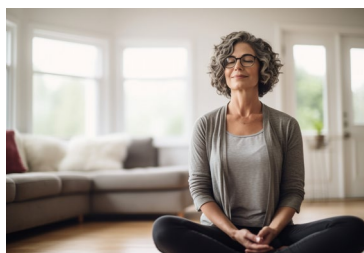
**Tuesday**  
**Fee: \$7**

**Nov 4**  
**6:00-7:30** 🌙

## 197 Mindful Meditation

*Michael Brown, CHW*

One of the benefits of mindfulness meditation is that the quieter our minds become, the more connected we are both to our internal experience and to the world around us. Join me as we move through dynamic stages of practice, that will include gathering attention, shifting to expanding awareness, sensing the flow of our experience, which leads to a greater sense of calm, clarity, and presence. No experience is required.



**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$35**

**Nov 4-Dec 9**  
**4:00-5:00**

## 198 Healthy Sourdough Bread-Making Demonstration

*Carolyn Osborn*

Learn how to make sour dough bread (and English muffins!) and take home your very own starter. You'll learn how to keep your starter alive and how to make one of your own. And, of course, there will be samples!

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$10**

**Nov 5**  
**1:00-2:30**

## Fifty Questions to Free Your Mind

*Ginny Brown, LCHW*

When we can ask that one question, at the right moment, it can give us clarity of direction, sense of purpose and a new perspective of how to handle the situation, memory or loved one. Sometimes all it takes is a little spark to ignite the right thoughts into action or to at least help us take into account what it is we are trying to answer in our lives. Come join us for a facilitated discussion on the 50 questions to "free your mind".

**Location: Oasis at The Meadows**

**199 Tuesday**  
**Fee: \$7**

**Oct 7**  
**10:00-11:30**

**200 Tuesday**  
**Fee: \$7**

**Nov 11**  
**10:00-11:30**

**201 Thursday**  
**Fee: \$7**

**Dec 11**  
**10:00-11:30**

## 202 Dry Eyes, Causes and Remedies

*UIW, Rosenberg School of Optometry*

This common condition, occurs when your tears don't provide adequate lubrication for your eyes. This can lead to uncomfortable symptoms and potentially affecting vision. This class will discuss causes and treatments, including hydration, limiting screen time and medications.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Oct 27**  
**1:00-2:30**



## 203 Healing Holidays

*Molly O'Phelan, PhD, RN, LMFT*

Grief during the holidays is always challenging. The season of the holidays renews memories, family ties, and traditions. We become painfully aware that our loved one is no longer present. Learning to navigate a changing world combined with the sorrow of our loss causes us to grieve on many levels. This class teaches self-care and coping skills to help participants prepare for the holidays, embrace grief, and build resilience. Participants will use the holidays to explore how their loved one lives on in their story and to continue healing.

**Location: Oasis at The Chandler House**

**Thursday**                      **Nov 6**  
**Free**                              **2:00-3:30**

## 204 Removing the Stigma Surrounding Mental Health

*Zuly Serrano, LCSW*

This interactive discussion explores the myths and misunderstandings that have shaped society's view of mental health over the decades. Participants will reflect on personal beliefs, cultural messages, and generational attitudes that may impact their willingness to seek support. Together, we'll challenge old narratives and create space for new, empowering ways to view emotional well-being, highlighting that caring for mental health is just as essential as caring for physical health.

**Location: Oasis at The Meadows**

**Monday**                      **Nov 10**  
**Fee: \$7**                      **1:00-2:30**

## 205 Medication Safety

*UTHSC Pharmacy Students*

This presentation focuses on practical tips for storing medications safely at home and the best practices for disposing of unused, unwanted, and expired medications. Learn how to prevent accidental medication errors and keep those in your household safe.

**Location: Oasis at The Meadows**

**Thursday**                      **Nov 13**  
**Free**                              **1:00-2:30**

## 206 Grief During the Holidays

*Kimberly Haney, LCSW*

The holiday season is often a flurry of activities, a bustling of expectations leading to a wide variety of feelings and levels of stress that keep the season swirling in a feverishness to create a joyous sensation to all experiences. In the midst of this endeavor are many who are grieving the death of loved ones and are searching for comfort and support which is often nonexistent. You do not have to face this holiday season alone.

**Location: Oasis at The Meadows**

**Thursday**                      **Nov 13**  
**Free**                              **10:00-11:30**



## 207 Building Foundations of Caregiving

*Alzheimer's Association*

Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

**Location: Oasis at The Chandler House**

**Thursday**                      **Nov 13**  
**Free**                              **2:00-3:30**

## 208 Self-Care Toolbox: Kindness Starts Here

*Linda Mockeridge, LCSW*

Kindness starts with us. If we are not caring for ourselves, we won't be around for our family and friends. This class gives you opportunities to learn how to care for yourself. Together, we go through a toolbox of strategies to see what you need to gently and kindly take care of yourself and live each day in good physical and mental health. Take what you need and leave the rest in the toolbox for later.

**Location: Oasis at The Meadows**

**Monday**                      **Nov 17**  
**Fee: \$7**                      **1:00-2:30**

## 209 Telltale Signs of Caregiver Stress

*Tina Smith, Caregiver SOS*

The stress of caring for a loved one or family member can lead to emotional and physical problems. You will learn that both good and bad experiences can cause stress and how to read the warning signs in order to take action. You will be able to hear some of the stressful experiences of other caregivers and their successful methods of coping.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Nov 11**  
**6:00-7:30** 

## 210 Cataract Surgery: What to Expect

*UIW, Rosenberg School of Optometry*

This class will help you to understand more clearly how to prepare for the surgery, what will happen during the surgery and also recovery after the surgery. The instructor will be able to answer questions and hopefully allay any fears or issues you may have about this surgery.



**Location: Oasis at The Meadows**

**Wednesday**  
**Free**

**Nov 12**  
**1:00-2:30**

## 211 Am I Fine?

*Staci Makela Kerr*

When someone asks, "How are you?" it's almost a natural response for us to reply, "I'm fine," but are you? We are so unsure, or maybe even scared, to be honest. The older population will downplay their past or present to convince themselves that they are fine. Things from our past can show up years later because we push them down, but like most things, they do, and will come bubbling up to the surface. We will explore when it is okay to ask yourself, "Am I fine?" and, most importantly learning to be honest with ourselves.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$7**

**Nov 17**  
**10:00-11:30**

## The Wisdom of Winnie-the-Pooh

*Fred Chavez*

Think that A. A. Milne's Winnie-the-Pooh was written just for children? Think again. Reading the books, *Winnie-the-Pooh* and *The House at Pooh Corner* will reveal a wisdom and philosophy applicable to our mature life. The stories teach us about relationships, love, humility, inclusion, growth, and much more through humorous adventures in the community known as the Hundred Acre Woods. This class is in three parts. Part 2 is a continuation of Part 1, and Part 3 is a continuation of Parts 1 and 2.

**Location: Oasis at The Meadows**

### 212 Part 1

**Tuesdays**  
**Fee: \$40**

**Sep 2-30**  
**10:00-11:00**

### 213 Part 2

**Tuesdays**  
**Fee: \$40**

**Oct 7-Nov 4**  
**10:00-11:00**

### 214 Part 3

**Tuesdays**  
**Fee: \$40**

**Nov 11-Dec 16**  
**10:00-11:00**



## 215 Deep Relaxation

*Marti Ewing*

This lecture class discusses Yoga Nidra as a guided relaxation practice that takes you into deep states of consciousness between wakefulness and sleep. The method draws your attention inward, similar to meditation, but is performed in a savasana (reclined) position and is accessible to everyone and can be done in a chair as well, designed for rest and digest response activation. Come prepared to relax, and for a guided deep breath and nervous system reset.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Nov 19**  
**1:00-2:30**

## Spirituality and Health

*Fred Chavez*

Research shows that there are huge benefits (physical, mental and emotional) gained from living a more spiritually based life. Learn how and why spirituality enhances our life. Everyone is on a spiritual journey, some more knowingly than others. Discover how to support your own journey through a person-centered approach which involves your own understanding, definition and practices of spirituality. This class is in three parts. Part 2 is a continuation of Part 1, and Part 3 is a continuation of Parts 1 and 2.

**Location: Oasis at The Meadows**

### 216 Part 1

**Tuesdays**  
**Fee: \$40**

**Sep 2-30**  
**11:15-12:15**

### 217 Part 2

**Tuesdays**  
**Fee: \$40**

**Oct 7-Nov 4**  
**11:15-12:15**

### 218 Part 3

**Tuesdays**  
**Fee: \$40**

**Nov 11-Dec 16**  
**11:15-12:15**

## 219 Grief Support Group

*Gaylynnne Robinson*

Loss comes in many forms, from loss of a loved one, to our own health and loss of abilities, even divorce and retirement, and we all experience it differently. Our support group focuses on discussion and healing art activities in a safe and supportive space where together we find the light in our own resilience.

**Location: Oasis at The Meadows**

**Thursdays**  
**Free**

**Nov 6-Dec 11**  
**10:00-11:30**



### Location, Location, Location!

We have several off-site locations, so please check the location of each class.

## Growing Resilience and Self-Care

*Fred Chavez*

How do we overcome challenging events in life? We all want to be our best selves. There are many paths to resilience. We will learn several key skills and abilities that have been found to promote resilience. Learn how to develop a greater sense of safety, security, attachment and a sense of belonging for yourself and others. This class is in three parts. Part 2 is a continuation of Part 1, and Part 3 is a continuation of Parts 1 and 2.

**Location: Oasis at The Meadows**

### 220 Part 1

**Thursdays**  
**Fee: \$40**

**Sep 4-Oct 2**  
**11:15-12:15**

### 221 Part 2

**Thursdays**  
**Fee: \$40**

**Oct 9-Nov 6**  
**11:15-12:15**

### 222 Part 3

**Thursdays**  
**Fee: \$40**

**Nov 13-Dec 18**  
**11:15-12:15**

## 223 Supporting Independence

*Alzheimer's Association*

This class focuses on helping the person living with dementia to take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

**Location: Oasis at The Chandler House**

**Thursday**  
**Free**

**Nov 20**  
**2:00-3:30**

## 224 Dementia Conversations

*Alzheimer's Association*

Get practical tips to help families navigate honest, compassionate conversations about dementia—covering topics like medical visits, driving, and legal or financial planning. Emphasizing early planning and clear communication, it reduces stress and connects families with helpful resources.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Nov 20**  
**1:00-2:30**



## 225 A Balanced Day for Your Overall Health

*Mary Masterson, Texas A&M AgriLife Extension*

Tips for becoming more active and meal planning. Learn to incorporate more fruits and vegetables in your diet, and enjoy a fresh shake.

**Location: Oasis at The Chandler House**

**Thursday**                      **Dec 4**  
**Free**                              **9:30-11:00**

## 226 Understanding Fibromyalgia

*Donna Badowski, RN*

Fibromyalgia is a chronic painful condition of the muscles, ligaments and tendons. This class will provide information about fibromyalgia, including the symptoms, diagnosis and current treatments in the research pipeline.

**Location: Oasis at The Meadows**

**Thursday**                      **Dec 4**  
**Fee: \$7**                        **1:00-2:30**

## 227 Communicating Effectively

*Alzheimer's Association*

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

**Location: Oasis at The Chandler House**

**Thursday**                      **Dec 4**  
**Free**                              **2:00-3:30**

## 228 Always Look on the Bright Side

*Linda Mockridge, LCSW*

In order to see the sun shining you have to come out from under the covers, open your eyes, open the shades and let the sunshine in. Sometimes that is difficult, sometimes easy. This class will give us a chance to examine our “half full, half empty” approach and find the bright side of life! The trick is in your own mind!

**Location: Oasis at The Chandler House**

**Tuesday**                      **Dec 9**  
**Fee: \$7**                        **1:30-3:00**

## 229 Healthy Living for Your Brain and Body

*Alzheimer's Association*

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Location: Oasis at The Meadows**

**Thursday**                      **Dec 11**  
**Free**                              **10:00-11:30**

## 230 Responding to Dementia

*Alzheimer's Association*

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

**Location: Oasis at The Chandler House**

**Thursday**                      **Dec 11**  
**Free**                              **2:00-3:30**

## 231 Exploring Care and Support Services

*Alzheimer's Association*

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end of life care.

**Location: Oasis at The Chandler House**

**Thursday**                      **Dec 18**  
**Free**                              **2:00-3:30**

## COURTESY CONFIRMATION CALLS

Oasis volunteers attempt to reach class members prior to a class to remind them of the class. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not credit class fees if you miss a class because you were not called.

## 232 Conversational German

*Laurie Clark*

For those of you who want to brush up on your conversational German or are planning an upcoming trip to Germany, this informal German class is for you. We will be covering basic vocabulary needed for the airport, eating out, transportation, numbers, etc.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$20**

**Sep 2-23**  
**10:00-11:30**

## 233 The Psychology of Conquerors

*Richard Luduena, PhD*

What drives a conqueror? This course explores how early family dynamics may have fueled the need for conquest. Drawing from historical case studies—such as Alexander the Great, Genghis Khan, Shaka Zulu, Adolf Hitler, and others—we will examine a striking pattern: the recurring theme of disrupted paternal relationships, emotional closeness to mothers and sisters, and difficulties forming healthy bonds with women and children.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Sep 2**  
**1:00-2:30**



## 234 Women Innovators

*Beverly Prado*

It's not a surprise that important women in history and their accomplishments have sometimes gone unnoticed. This class explores women who have invented, explored, and contributed to society in amazing ways. Who contributed to the development of DNA in science? Who assisted Einstein in his most important discoveries? Who was an American spy in World War II? Who broke new ground in film and music? Join us for conversation and film clips.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Sep 2**  
**6:00-7:30** 🌙

## 235 Knights Templar

*Judith Hurst, MA*

Share the intriguing history of these renowned knights who were an intermix of military and religious. Instrumental in the First and Second Crusade, they protected pilgrims traveling to Jerusalem yet amassed one of the greatest fortunes in history. Moneylenders to kings, protected by popes yet executed by king and pope on a Friday, the 13<sup>th</sup>. Learn about facts and fiction surrounding the Templars.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Sep 3**  
**10:30-12:00**

## 236 Bob Hope

*Beverly Prado*

Bob Hope was the only performer to achieve top-rated success in every form of mass entertainment: vaudeville, Broadway, movies, radio, television, popular song and personal appearances. Come learn more about this comedy innovator.

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$7**

**Sep 4**  
**9:30-11:00**

## 237 Memoir Writing

*Gloria Jennings*

Is there a part of your life that is begging to be turned into a story? It might be time for you to write a memoir. Join us and let's get started. In this class you will learn how to tell your unique story.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Sep 4**  
**10:00-11:30**

## 238 Women's Discussion Group

*Gloria Jennings*

Join the discussion with facilitator, Gloria Jennings, and talk about the current events relating to older adults that make you ask “why don't they.....”. Come and engage in a lively conversation with your peers.

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$8**

**Sep 8, Oct 13, Nov 10, Dec 8**  
**10:00-11:30**

## 239 The History of La Loteria

*Gloria Jennings*

Lotería is the Spanish word for lottery or Mexican Bingo (sometimes played with beans as markers.) It was originally a game played only by royalty but eventually it evolved as entertainment for the masses. Played with 54 different images, the cantor selects a card from the deck and used a riddle or humorous patter instead of reading the card name. Come listen to the history of this centuries-old, visually and intellectually fun game, and join us for a game or two.

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$7**

**Sep 4**  
**2:00-3:30**



## 240 Fall Gardening Tasks

*Nancy Mills, Bexar County Master Gardeners*

We're lucky to have a fall planting season here in San Antonio, but when does it start and how does it impact your garden? We will learn how to tackle the fall planting season successfully and come away with tips on evaluating the landscape, planting, refreshing containers, dividing perennials, improving soil, caring for lawns, cleaning garden beds and maintaining tools.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Sep 9**  
**6:00-7:30** 



## 241 One-Hit Wonders of the 70s

*Kelley Gallant, MBA*

A one-hit wonder is an artist who achieves mainstream popularity, often fleetingly, for a single hit song or project. These songs seem to live on in infamy well into the future. Bring your favorites song titles and let's listen to some deliciously good or bad music, depending on how you see it! Either way it will be fun!

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Sep 10**  
**10:30-12:00**

## 242 Geology of the Beach

*David Turner, PhD, St. Mary's University*

One of the best parts of a summer beach trip is the sand—we love digging in it, building castles, and wiggling our toes. But beneath its calm surface, the beach is a dynamic environment shaped by complex geologic processes and human activity. In this class, we'll explore how beaches form, change, and sometimes disappear—deepening your appreciation of this iconic vacation spot. Bring your favorite beach memories and discover the geology behind them.

**Location: Oasis at The Chandler House**

**Tuesday**  
**Fee: \$7**

**Sep 9**  
**9:30-11:00**

## 243 The Life and Legacy of Kinky Friedman

*Sean Rima*

This course examines the bold and unconventional career of Richard "Kinky" Friedman-a satirical Texas musician, writer, and political figure. Known for his sharp wit and provocative lyrics, Friedman used humor to challenge social norms and politics. His colorful persona made him a cult icon, especially in Texas, where his 2006 independent run for governor blended satire, music, and political critique.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Sep 10**  
**1:00-2:30**

## 244 History of San Pedro Creek

*Julen Navarrete*

San Pedro Creek Cultural Park is a multi-phased urban linear park that spans 2.2 miles along the western edge of Downtown San Antonio. The reconstruction of this historic waterway is an investment in history, art, and nature, honoring our city's heritage and while being an engineering marvel in flood protection.

**Location: Oasis at The Chandler House**

**Thursday  
Free**

**Sep 11**  
**9:30-11:00**

## 245 Sam Houston: Portrait of Honor

*Bill Perryman, M.Ed.*

Though born a Virginian, his life's journey would lead him to places and situations unparalleled by most Americans of his day. Well known for leading the Texans to victory at the Battle of San Jacinto on April 21, 1836, he earned a place in the annals of American history that few can surpass. From Virginia to Texas, from Tennessee to the Cherokee Nation, award winning teacher, Bill Perryman brings to life the triumphs and tragedies in the life of legendary Sam Houston. Prepare for an experience!

**Location: Oasis at The Meadows**

**Thursday** **Sep 11**  
**Fee: \$11** **10:00-11:30**

## 246 Finding Fun in the Bible

*Christina Howard, MA, I.B. History*

Generally, the Bible is a serious resource for our Christian life. But occasionally, we see the gift of laughter and curiosity in it. This presentation will (respectfully) look at some of the weird, wacky, silliest, and strangest things found within its pages.

**Location: Oasis at The Chandler House**

**Thursday** **Sep 11**  
**Fee: \$7** **1:30-3:30**

## 247 Nature in Watercolor

*Molly Valdez*

Watercolor is an easy and fun paint to create with. In this class, you will experience techniques and tools while creating artworks in vibrant and soft hues. Supply list will be provided. Approximate cost of supplies is \$35.

**Location: Oasis at The Meadows**

**Mondays** **Sep 15-Oct 6**  
**Fee: \$32** **10:00-11:30**

**Please let us know...**  
**if you can't attend a class for**  
**which you have registered.**  
**Many classes have wait lists.**

## 248 Chandler Book Club

*Kelley Gallant, MBA*

Do you enjoy reading? Let's read books and have a discussion. A book list will be provided.

**Location: Oasis at The Chandler House**

**Tuesdays** **Sep 16, Oct 14, Nov 11, Dec 16**  
**Fee: \$5** **10:00-11:30**

## 249 Diamonds are Forever

*David Turner, PhD, St. Mary's University*

Diamonds are a striking example of natural beauty—simple in composition yet incredibly rare. Formed deep within the Earth under extreme conditions, they are the hardest natural material, composed solely of carbon, life's basic building block. Though marketed as "forever," diamonds are actually unstable at the Earth's surface, preserved only by the slow passage of geologic time. This class will explore how diamonds form and examine the history and future of the diamond mining industry.

**Location: Oasis at The Meadows**

**Tuesday** **Sep 16**  
**Fee: \$7** **1:00-2:30**



## 250 Writers Group

*Gloria Jennings*

Attention writers and would be writers. Would you like to hone your skills and improve overall as a writer? Join the Oasis Writers Group. Also, you will receive writing tips and valuable information to write your best story. The Oasis Writers Group will provide a friendly and supportive environment for writers to meet with their peers for feedback and discussion, using prompts and writing exercises.

**Location: Oasis at The Meadows**

**Tuesdays** **Sep 16, Oct 21, Nov 18, Dec 16**  
**Fee: \$8** **10:00 AM - 11:30**



## 251 Men's Discussion Group

*Craig Stimson*

Calling all men! Are you looking for a way to get out and socialize with others? Join the Oasis Men's Discussion Group for a monthly discussion where we will talk about current events and enjoy each other's company.

**Location: Oasis at The Meadows**

**Wednesdays**                      **Sep 17, Oct 15, Nov 19, Dec 17**  
**Fee: \$5**                              **1:00-2:30**

## 252 Book Discussion Group

*Sherry Wilson*

Read a book, come talk about it! Join your friends at Oasis to discuss a different book each month. A list of books will be provided.

**Location: Oasis at The Meadows**

**Wednesdays**                      **Sep 18, Oct 16, Nov 20, Dec 18**  
**Fee: \$5**                              **10:00-11:30**

## 253 Building Connections

*Julie Gonzalez*

Let's have some fun and camaraderie! Come join Chandler Fun Day, activities promoting social engagement and brain fitness with giant size Jenga, Connect Four, Yahtzee, Cards and others! Snacks will be served!

**Location: Oasis at The Chandler House**

**Thursday**                              **Sep 18**  
**Fee: \$5**                              **1:30-3:30**

## 254 Contour Drawing

*Vikky Jones, MFA, UTSA*

We'll look at a brief presentation about the nuances of line art, and then do several fun contour exercises-both sighted and blind - to learn techniques for your own artwork! Supply list will be provided.

**Location: Oasis at The Chandler House**

**Thursday**                              **Sep 25**  
**Fee: \$7**                              **10:00-11:30**



## 255 Introduction to Basic Pencil Skills

*Gaylynnne Robinson*

It all starts with the basic, humble 2H pencil. We'll practice tones, shading, blending, textures, and rendering using graphite, white charcoal, colored graphite pencils, and powdered graphite. We'll look at erasers as drawing tools and other types of blending tools, and sketch on white, tan, and gray toned papers. This class prepares you for advanced techniques like pen and ink, urban sketching, portraits, and landscapes. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Thursdays**                              **Sep 18-Oct 9**  
**Fee: \$32**                              **1:00-3:00**

## 256 Painting with Gouache

*Georgia Stok*

Discover the beauty of gouache - a versatile, beginner-friendly medium that blends the best qualities of watercolor and acrylic! Whether you're just starting out or looking for a new medium to explore, this class will give you the tools and techniques to paint confidently with gouache. Supply list will be provided. Approximate cost of supplies is \$40.

**Location: Oasis at The Meadows**

**Tuesdays**                              **Sep 23-Oct 28**  
**Fee: \$48**                              **1:00-3:00**



## 257 Aerosmith

*Kelley Gallant, MBA*

Aerosmith, along with their front man Steven Tyler, sang their way through the 70s, 80s, 90s and into the 2000s. Come learn about their legacy, their lives, and how they changed the rock scene forever!

**Location: Oasis at The Meadows**

**Tuesday**                              **Sep 23**  
**Fee: \$7**                              **6:00-7:30**



## 258 Mixed Media Art: Explore, Layer, Create!

*Andy Villarreal, BA, MFA*

Unleash your creativity in this dynamic mixed media art class designed for artists of all skill levels. This course invites you to experiment with a variety of materials to create visually compelling and textured artwork. Supply list will be provided. Approximate cost of supplies is \$40.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$54**

**Sep 16-Oct 21**  
**4:30-6:30**



## 259 Exploring Our Solar System

*Ben Jurewicz*

*E.A.A., MS, Aeronautics and Astronautics - MIT*

Exploring Our Solar System is an engaging talk that takes audiences on a journey from the sun to the outer planets, showcasing the diverse features of celestial bodies along the way. It highlights the latest exploration technologies, missions, and discoveries, fostering a deeper appreciation for the dynamic interactions within our solar system and inspiring lasting curiosity about space.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$7**

**Sep 29**  
**1:00-2:30**

## 260 Beloved Beasts of Texas

*The Witte Museum*

Spiders, scorpions, and snakes-oh my! There are so many animals that the public fears, whether due to lack of education or misconceptions, but regardless they are invaluable to our Texas ecosystems. Learn about the power of poison, the function of a fang, and the extraordinary behaviors of some of the most misunderstood Texas native animals!

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$9**

**Oct 1**  
**10:00-11:30**

## 261 The Story of Language

*Gloria Jennings*

Language is constantly evolving and, over time, the original meanings of well-known sayings can become distorted or even lost. As a result, many of the adages we use today may not mean what we think they do. We will cover superstitions that science has proven right (or wrong), and explore the truth behind the sayings. We'll take a fresh look at familiar proverbs, sayings, and words of wisdom-unplugging them from modern misinterpretations and rediscovering their true intent.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Oct 2**  
**10:00-11:30**

## 262 The History of The Chandler House

*Shawn Gillen*

The Chandler Estate's Legacy House sits in the original Victorian home of Mr. and Mrs. E. B. Chandler, built in 1887. According to the book, San Antonio's Monte Vista, the Chandler Estate's Legacy House "can truthfully be called one of the show places of Texas." One of the many unique features of the Legacy House is the detailed wood carvings found throughout the entire mansion, hand-made by Mrs. Chandler herself. Come learn more about the history of this beautiful house built during San Antonio's "Gilded Age."

**Location: Oasis at The Chandler House**

**Thursday**  
**Free**

**Oct 2**  
**9:30-11:00**

## 263 Could Women Rule the World?

*Richard Luduena, PhD*

This class explores the lives and legacies of some of history's most successful female rulers by examining their accomplishments and leadership. We will address the biases present in historical records and provide strategies for critically analyzing these sources. Students will also gain a deeper understanding of how women in power have been portrayed throughout history.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$7**

**Oct 6**  
**10:00-11:30**

# Registration Procedures

See Refund  
Policy on  
Page 3

Registration is required for all Oasis classes. Ways to register:

- **Walk-In and Mail-In: Registrations Processed August 19, 2025**  
*(Registrations are placed in a box and randomly drawn and processed.)*
- **Online: Registration Opens August 19, 2025 at 9:00am**
- **Phone-In: Registration Opens August 25, 2025**

**It is best to have your  
registration at Oasis  
before August 19**

Please follow all procedures listed below:

- You must be a member of Oasis to register. If you are not a member you may join by coming to the Oasis Center, by phone or online at the Oasis web site: [oasisnet.org/san-antonio-tx](http://oasisnet.org/san-antonio-tx). **Membership is free.**
- Please complete the registration form, found on pages 25-28, including name, phone number and Oasis membership number. Please print clearly. Place a check mark in the left-hand column in front of each class for which you want to register.
- All participants must sign the registration form, which serves as signature of the Waiver of Liability below.
- If there are two members in one household, please make a photocopy of the full blank registration form or pick up a form at Oasis. Do not list two members on one form.
- **If you would like a confirmation letter mailed, please enclose a self-addressed stamped envelope.**
- **If you would like your confirmation letter emailed, please provide your email address on the registration form.**

**If you would like to donate \$10.00 to Oasis, please indicate it in the box on the registration form and add \$10.00 to the total registration fees.**

- Credit cards may be used to pay for classes and trips. Oasis accepts Visa, Mastercard and Discover.
- Mark the credit card box on the registration form and include the type of card, the credit card number, expiration date and the **CVV number**. Credit cards are not charged if you are placed on a waiting list. **Address of credit card must match name and address of Oasis member.**
- If paying by check, separate checks must be written for each class requiring a fee. Please write the class number on the check. If the class is full, the unused check will be returned to the member. Make checks payable to Oasis unless otherwise noted. If separate checks are not submitted, refundable fees are issued as a store credit.
- Members who want to attend classes with another member should send their registrations to Oasis in one envelope. Members cannot pay for another member using a credit card. Only checks or cash will be accepted when paying for another member.
- Oasis volunteers with the required number of hours will have the privilege of advance registration. Eligible volunteers will be notified by mail each semester.

*Waiver of Liability: I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the Oasis mailing list may be used by Oasis sponsors for educational mailings. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. Media Release: I give permission for The Oasis Institute to photograph or videotape me and use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.*

# Oasis Registration Form

Oasis Card

# \_\_\_\_\_

Name: \_\_\_\_\_

FIRST, LAST

(PLEASE PRINT)

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Would you like to receive emails from Oasis?: ☐ Yes ☐ No

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I would like to pay by credit card: ☐ Visa ☐ Mastercard ☐ Discover

Card Number\*: \_\_\_\_\_ Exp. Date. \_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_ (On Back of Card)

**\* To prevent a delay in processing, make sure the name/address on the credit card matches the name/address of the Oasis member.**

**Please place a check mark in the left-hand column of each class you want to attend.**

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	100	Texercise	\$25			
	101	Texercise	\$25			
	102	Texercise	\$25			
	103	Texercise	\$25			
	104	Texercise	\$25			
	105	Texercise	\$25			
	106	Texercise	\$25			
	107	Texercise	\$25			
	108	Texercise	\$25			
	109	Circuit Training	\$28			
	110	Circuit Training	\$35			
	111	Circuit Training	\$35			
	112	Step It Up	\$35			
	113	Chair Yoga	\$28			
	114	Chair Yoga	\$35			
	115	Chair Yoga	\$35			
	116	Chair Yoga	\$42			
	117	Stretch and Restore	\$28			
	118	Stretch and Restore	\$35			
	119	Stretch and Restore	\$35			
	120	Tai Chi for Arthritis	\$80			
	121	Tai Chi Aging Well	\$80			
	122	Qigong	\$40			
	123	Qigong	\$40			
	124	Qigong	\$40			
	125	Yin Yoga	\$40			
	126	Yin Yoga	\$40			
	127	Yin Yoga	\$40			
	128	Dance Fitness	\$42			
	129	Dance Fitness	\$42			
	130	Dance Fitness	\$42			
	131	Dance Fitness	\$42			
	132	Functional Fitness	\$42			
	133	Functional Fitness	\$35			
	134	Functional Fitness	\$35			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	135	Functional Fitness	\$28			
	136	Beginner Ballet	\$49			
	137	Intermediate Ballet	\$49			
	138	Line Dancing	\$35			
	139	Line Dancing	\$28			
	140	Stretch and Balance	\$35			
	141	Stretch and Balance	\$35			
	142	Stretch and Balance	\$35			
	143	Seated Strength	\$35			
	144	Seated Strength	\$28			
	145	Seated Strength	\$35			
	146	Beginner Yoga	\$35			
	147	Balance in Motion	\$35			
	148	Balance in Motion	\$35			
	149	Balance in Motion	\$35			
	150	Balance/Daily Life	\$35			
	151	Balance/Daily Life	\$28			
	152	Balance/Daily Life	\$35			
	153	Deep Water Aquacise	\$63			
	154	Deep Water Aquacise	\$70			
	155	Deep Water Aquacise	\$70			
	156	Walking Group	\$30			
	157	Pickleball	\$30			
	158	Healthy Eating Patterns	\$7			
	159	How Sweet It Is	\$5			
	160	History of Tuberculosis	\$7			
	161	Affordable Dentures	\$7			
	162	Aging Mastery Program	Free			
	163	Head Over Heels	\$7			
	164	Sleep Hygiene	\$7			
	165	Social Isolation	Free			
	166	Social Isolation	Free			
	167	Social Media and Your Health	\$7			
	168	Difficult Dementia Behaviors	Free			
	169	Heroes Journey on Aging	\$7			



# Oasis Registration Form

Please place a check mark in the left-hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	170	Anger Management	\$7			
	171	Exercise Is Medicine	\$7			
	172	Protein/Body's Superman	\$5			
	173	Healthy Meal Planning	\$7			
	174	Longevity and Nutrition	\$7			
	175	Mediterranean Diet	\$7			
	176	Pickling For Gut Health	\$10			
	177	Overdose Risks	Free			
	178	Medicare Changes	Free			
	179	Functional Foods	\$7			
	180	Creativity For Self Care	\$7			
	181	Unbreakable Bones	\$7			
	182	Eat Smart	\$7			
	183	Micronutrient Deficiencies	\$7			
	184	Medication Disposal	Free			
	185	Drinking Shrubs	\$7			
	186	Eating the Rainbow	\$5			
	187	Changing Mind/Pain	\$7			
	188	Healthy Cooking for One	\$10			
	189	Reiki	\$21			
	190	Healthy Steps	\$30			
	191	Sharper Brains Extended	\$28			
	192	CPR Training	Free			
	193	All About Hospice	Free			
	194	Caring Together	Free			
	195	Home from Rehab/Hospital	Free			
	196	CBD Benefits and Risks	\$7			
	197	Mindful Meditation	\$35			
	198	Bread Making Demo	\$10			
	199	Fifty Questions	\$7			
	200	Fifty Questions	\$7			
	201	Fifty Questions	\$7			
	202	Dry Eyes	Free			
	203	Healing Holidays	Free			
	204	Stigma/Mental Health	\$7			
	205	Medication Safety	Free			
	206	Grief During the Holidays	Free			
	207	Foundations of Caregiving	Free			
	208	Self-Care Toolbox	\$7			
	209	Caregiver Stress	Free			
	210	Cataract Surgery	Free			
	211	Am I Fine?	\$7			
	212	Pooh Part 1	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	213	Pooh Part 2	\$40			
	214	Pooh Part 3	\$40			
	215	Deep Relaxation	\$7			
	216	Spirituality and Health Part 1	\$40			
	217	Spirituality and Health Part 2	\$40			
	218	Spirituality and Health Part 3	\$40			
	219	Grief Support Group	Free			
	220	Self Care Part 1	\$40			
	221	Self Care Part 2	\$40			
	222	Self Care Part 3	\$40			
	223	Supporting Independence	Free			
	224	Dementia Conversations	Free			
	225	A Balanced Day	Free			
	226	Fibromyalgia	\$7			
	227	Communicating Effectively	Free			
	228	Look on the Bright Side	\$7			
	229	Healthy Living Brain/Body	Free			
	230	Responding to Dementia	Free			
	231	Care and Support Services	Free			
	232	Conversational German	\$20			
	233	Psychology of Conquerors	\$7			
	234	Women Innovators	\$7			
	235	Knights Templar	\$7			
	236	Bob Hope	\$7			
	237	Memoir Writing	\$7			
	238	Women's Discussion Group	\$8			
	239	The History of Loteria	\$7			
	240	Fall Gardening Tasks	\$7			
	241	One Hit Wonders	\$7			
	242	Geology of the Beach	\$7			
	243	Kinky Friedman	\$7			
	244	San Pedro Creek	Free			
	245	Sam Houston	\$11			
	246	Fun in the Bible	\$7			
	247	Nature in Watercolor	\$32			
	248	Chandler Book Club	\$5			
	249	Diamonds are Forever	\$7			
	250	Writers Group	\$8			
	251	Men's Discussion Group	\$5			
	252	Book Discussion Group	\$5			
	253	Building Connections	\$5			
	254	Contour Drawing	\$7			
	255	Basic Pencil Skills	\$32			

# Oasis Registration Form


Please place a check mark in the left-hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	256	Painting with Gouache	\$48			
	257	Aerosmith	\$7			
	258	Mixed Media Art	\$54			
	259	Solar System	\$7			
	260	Beloved Beasts of Texas	\$9			
	261	The Story of Language	\$7			
	262	History of Chandler House	Free			
	263	Women Rule the World	\$7			
	264	Mozart and Stravinsky	\$7			
	265	Patio Citrus	\$7			
	266	Secret of Freemasonry	\$7			
	267	Wine Tasting and Geology	\$40			
	268	Writing Fiction	\$7			
	269	Inked Abstract Drawing	\$32			
	270	Ezekiel the Prophet	\$7			
	271	Printmaking	\$44			
	272	Linda Ronstadt	\$7			
	273	Horror Characters	\$7			
	274	Latin Stars	\$7			
	275	Movie Discussion: Grease	\$8			
	276	Hello Girls	\$7			
	277	Creating Lively Caricatures	\$32			
	278	Collage Art	\$14			
	279	Superstars of British Poetry	\$7			
	280	High Tea	\$10			
	281	Hotel Hysteria	\$11			
	282	Fall Floral Arrangement	\$40			
	283	Pollinator Gardening	\$7			
	284	Carol Burnett	\$7			
	285	Build a Pond!	\$7			
	286	Texas High Plains Wines	\$40			
	287	Learn to Juggle	\$7			
	288	Science Fiction Films	\$7			
	289	Nothing But the Blues	\$10			
	290	Conte Crayon	\$7			
	291	Wreath Making	\$42			
	292	Gin Tasting	\$40			
	293	Chili Queens	\$9			
	294	Easy Art Notecards	\$16			
	295	Nonagenarians-Part 1	\$7			
	296	Nonagenarians-Part 2	\$7			
	297	Holiday Plants	\$7			
	298	Andy Warhol	\$7			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	299	Spirits Among Us	\$7			
	300	Diamond Art	\$14			
	301	Joseph-Pit to Palace	\$7			
	302	Eleanor Roosevelt	\$7			
	303	Black Holes	\$7			
	304	History of Holiday Films	\$7			
	305	Gene Hackman Movies	\$8			
	306	Scandalous San Antonio Part 2	\$10			
	307	Showtime: SA's Theaters	\$11			
	308	COSA Services	Free			
	309	Do Paperwork Now	\$7			
	310	Volunteering at Oasis	Free			
	311	All About Oasis	Free			
	312	Stronger Together	\$7			
	313	Bridging the Gap	\$7			
	314	Active Shooter Training	Free			
	315	Starting a Small Business	\$7			
	316	Advanced Planning	Free			
	317	Protecting Your Money	\$7			
	318	Ride Connect Texas	Free			
	319	VIA Services	Free			
	320	Green House Homes	Free			
	321	Green House Homes	Free			
	322	Community Resources	Free			
	323	Community Resources	Free			
	324	San Antonio Water	Free			
	325	United Way 211 Helpline	Free			
	326	Community Engagement	Free			
	327	Perfect Retirement Plan	\$7			
	328	Fire Safety	Free			
	329	SA River Authority	\$5			
	330	Transportation Options	Free			
	331	Who Decides	\$7			
	332	Freedom of Speech	\$7			
	333	Legal Affairs in Order	\$7			
	334	All About Silver Connect	Free			
	335	Paws for Purple Hearts	Free			
	336	Veterans Resources	Free			
	337	Community Resource Directory	Free			
	338	End-of-Year Planning Steps	\$7			
	339	Transfer on Death Deeds	\$7			
	340	Fraud: How to Protect Yourself	\$5			
	341	Reframing Aging	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	342	Mitchell Lake Audubon Center	\$7			
	343	Phishing and Identity Theft	\$5			
	344	Intro to Excel	\$35			
	345	Intermediate Excel	\$35			
	346	iPad Basics	\$11			
	347	Online Shopping	\$5			
	348	Online Shopping	\$5			
	349	Everything iPad	\$40			
	350	iMovie	\$30			
	351	What is ChatGPT	\$11			
	352	All About Cybercrime	\$5			
	353	Communicating/Device Apps	\$11			
	354	Apple Photos App	\$22			
	355	Android Essentials	\$25			
	356	Those Tricky Scammers	\$7			
	357	Accessibility Settings	\$11			
	358	Beginner iPhone	\$22			
	359	Intermediate iPhone	\$22			
	360	Smartphone Photography	\$11			
	361	Entertainment Apps	\$11			
	362	Windows 11	\$25			
	363	Storage and Backup	\$11			
	364	Sign Up for Oasis Classes	Free			
	365	Fun with Zentangle	Free			
	366	Introduction to the Blues	Free			
	367	Meditation	Free			
	368	Holiday Traditions	Free			
	369	Hoarding Disorder	Free			
	370	Community Resources	Free			
	371	Disaster Preparedness	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	372	Fall Prevention	Free			
	373	Put Pain In Its Place	Free			
	374	Nutrition by Addition	Free			
	375	Fall Prevention	Free			
	376	Decluttering	Free			
	377	Warning Signs of Alzheimer's	Free			
	378	Grief and the Holidays	Free			
	379	Decluttering	Free			
	380	Caffeine and Your Health	Free			
	381	Decluttering	Free			
	382	Warning Signs of Alzheimer's	Free			
	383	Community Resources	Free			
	384	Healthy Eating/Budget	Free			
	385	Funeral Consumer Alliance	Free			
	386	Hydration/Healthy Beverages	Free			
	387	Communicating/Doctor	Free			
	388	ID Theft	Free			
	389	Senior Bullying	Free			
	390	VIA Services	Free			
	391	ID Theft	Free			
	392	SAFFE Program	Free			
	393	King William Historic District	\$29			
	394	Historic Eastside Cemeteries	\$29			
	395	Alamo Plaza	\$29			
	396	San Antonio Zoo	\$29			
	397	Texas Air Museum	\$66			
	398	Touring Cuero	\$80			
	399	Christmas at the Cabaret	\$99			
	400	West Virginia Preview Show	Free			
	816	West Virginia/Williamsburg	\$400 dep			



**I am adding a \$10.00 donation to help Oasis**

☐ I am including \$10 check or cash

☐ I authorize Oasis to charge an additional \$10 to my credit card

**FOR OFFICE USE ONLY**

Date: \_\_\_\_\_

☐ Walk In      ☐ Phone In

☐ Mail In      ☐ Morningside Resident

Vol Initials \_\_\_\_\_

Fee Total \$ \_\_\_\_\_

Payment Type \_\_\_\_\_

Entry \_\_\_\_\_

**Bring registration form or mail it to:**  
**Oasis at The Meadows**  
**700 Babcock Rd., San Antonio, TX 78201**  
**Or sign up online beginning August 19 at 9:00am**

## 264 Operas of Mozart and Stravinsky

*Sarah Davis, Professional Opera Singer*

Professional opera singer, Sarah Davis, will take you through a survey of the major operas by Mozart (Classical) and Stravinsky (Neo-Classical), using audio, video and maybe live examples! Explore the history, the plots, and the famous singers and arias from operas such as: *Marriage of Figaro*, *Don Giovanni*, *Magic Flute*, and *The Rake's Progress*.

**Location: Oasis at The Meadows**

**Friday**

**Fee: \$7**

**Oct 3**

**10:00-11:30**



## 265 Beginner's Guide to Patio Citrus

*Bexar County Master Gardeners*

Participants will learn about EarthKind® principles for patio citrus gardening, tips and techniques for growing citrus in Bexar County, and the best of the best citrus varieties.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$7**

**Oct 6**

**1:00-2:30**

## 266 Secret of Freemasonry

*Judith Hurst, MA*

Freemasonry is part of a long tradition of Western mysticism, steeped in a longstanding and eclectic mixture of fact and legend. Learn the history, rituals, symbolism, practices, medieval origins, forms and use of stonemason tools and customs as allegorical guides-following the path of history through Knights Templar, the age of Enlightenment, the Founding Fathers, the Victorian Age to the present day.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$7**

**Oct 8**

**10:30-12:00**

**REGISTER EARLY...**  
**or the class you want**  
**may be filled!**

## 267 Wine Tasting and Geology: The Wine of Rioja, Spain

*Bob Bragg, WSET Level 3, CSW*

*David Turner, PhD, St. Mary's University*

Spain has a great number of historic producers, many of whom have made quality wines for centuries. Spain's most famous wine region, Rioja is located in the northeastern part of Spain, in the Ebro River Basin, which flows southeast to the Mediterranean. We will explore how geographic features combine to form the terroir of the Rioja region, with specific wine tastings chosen to highlight regional differences.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$40**

**Oct 7**

**1:00-3:00**



## 268 Writing Fiction and Publishing It

*Sean Rima*

During this class, KTSA personality and published author, Sean Rima will discuss the process of writing fiction and how to go about publishing it.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$7**

**Oct 8**

**1:00-2:30**

## 269 Inked Abstract Drawing

*Molly Valdez*

Zentangles are the popular word for random line and curve designs with interesting shading and textures. Creating one relaxes your mind and body, giving you a "zen"-like, refreshed mental state. We'll use photographs of actual objects for line and texture inspiration while working with ink on sketchbook paper. No experience necessary. Bring the supplies you have; suggested supplies will be shown in class.

**Location: Oasis at The Meadows**

**Wednesdays**

**Fee: \$32**

**Oct 15-Nov 5**

**10:30-12:00**



## 270 Ezekiel the Prophet and His Strange Visions

*Christina Howard, MA, I.B. History*

After the fall and destruction of Jerusalem, Ezekiel became the prophet of hope, foretelling of Israel's final restoration. The nonconventional prophet provided the people with a detailed picture of their future glory and holiness before they settled for the more prosperous ways of Babylon and left the holy city of Jerusalem behind. This fast-paced presentation will look at Ezekiel's odd life and his unusual visions.

**Location: Oasis at The Meadows**

**Wednesday**                      **Oct 8**  
**Fee: \$7**                              **1:00-3:00**

## 271 Printmaking

*Vikky Jones,  
MFA, UTSA*

In the first session, we'll begin with an informative



presentation of the different types of printmaking with plenty of images as well as physical examples, followed by the second session, in which we'll choose a simple design to carve and print on a small block to get familiar with the process. In the third and fourth sessions, you'll start your own composition on a larger block and roll out the ink to make a small edition of your own hand-pulled prints! All supplies are included.

**Location: Oasis at The Meadows**

**Mondays**                              **Oct 13-Nov 3**  
**Fee: \$44**                              **10:00-12:00**

## 272 Linda Ronstadt

*Gloria Jennings*

An American singer who's performed and recorded in diverse genres including rock, country, light opera, the Great American Songbook, and Latin music. Her life has not been without challenges. Listen to the songs that made her a musical genius.

**Location: Oasis at The Chandler House**

**Tuesday**                              **Oct 21**  
**Fee: \$7**                              **2:00-3:30**

## 273 History of Horror Characters

*Michael Cude, PhD,  
Schreiner University*



Werewolves, witches, vampires, and other horror archetypes are a staple of modern Halloween. These mythical monsters have, however, deep historical roots in folklore and literature. This course will trace the historical roots of modern horror characters in European history to illustrate their evolution from folklore to modern American pop culture.

**Location: Oasis at The Meadows**

**Tuesday**                              **Oct 14**  
**Fee: \$7**                              **1:00-2:30**

## 274 Latin Stars

*Beverly Prado*

Hollywood, since its early days, was fascinated with Hispanic/Latino stars. Many personalities from Mexico and Latin America became popular in American films. This class will examine the careers of some of them. The cultural significance of stars like Dolores Del Rio, Ricardo Montalban, Anthony Quinn, Carmen Miranda, Cesar Romero, Cantinflas and others will be featured. Let's celebrate Hispanic Heritage Month!

**Location: Oasis at The Chandler House**

**Thursday**                              **Oct 16**  
**Fee: \$7**                              **9:30-11:00**

## 275 Movie Discussion: Grease

*Lynn Waghalter*

Released on June 16, 1978, Grease was successful both critically and commercially, becoming the highest-grossing musical film ever at the time. In it, good girl Sandy (Olivia Newton-John) and greaser Danny (John Travolta) fall in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance? The first week we will watch the movie, the second we will discuss it. Refreshments will be served.

**Location: Oasis at The Chandler House**

**Thursdays**                              **Oct 16-23**  
**Fee: \$8**                              **1:30-3:30**

## 276 Hello Girls

*Kelley Gallant, MBA*



This was the nickname for American female telephone operators who served in the U.S. Army Signal Corps during World War I. Come learn how these women played a crucial role in connecting the calls between military units and command posts and the dangerous and difficult conditions under which they worked.

**Location: Oasis at The Meadows**

**Thursday** **Oct 16**  
**Fee: \$7** **10:00-11:30**

## 277 Creating Lively Caricatures

*Gaylynne Robinson*

Caricature is about exaggerating an individual's features while still capturing a recognizable likeness. How much you exaggerate is up to you, some caricatures are like informal portraits, others are wildly exaggerated. We will also look at the work of caricaturists from Al Hirschfeld to contemporary artists. Find and develop your own style using pencil, pen, or markers. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Thursdays** **Oct 23-Nov 13**  
**Fee: \$32** **1:00-3:00**

## 278 Collage Art

*Vikky Jones, MFA, UTSA*

After a short presentation on the history of collage, we'll play with paper, scissors, and glue! A lot of images and pattern paper will be provided, but please bring any of your own images or particular paper, i.e., photos, favorite book pages, handwritten poems, tickets, memorabilia— even light objects like dried leaves or flower petals— etc., you would like to include in your collage artwork!

**Location: Oasis at The Chandler House**

**Thursdays** **Oct 23-30**  
**Fee: \$14** **10:00-11:30**

## 279 Superstars of British Poetry

*Molly Valdez*

Let's look at some of the best the Brits have to offer, from "Tiger, Tiger, Burning Bright", to "Shall I Compare You to a Summer's Day?", where powerful feelings and experiences captured in poem form have stayed with us for hundreds of years.

**Location: Oasis at The Meadows**

**Wednesday** **Oct 22**  
**Fee: \$7** **1:00-2:30**

## 280 High Tea

*Jane Paccione*

Afternoon tea is a tradition that is a part of English history. It was introduced in England by Anna, the seventh Duchess of Bedford, in 1840. She wanted something small to satisfy her hunger, nothing too large just something to see her through until dinner time. From this want, the afternoon tea ritual was born. Come and enjoy some tea and tea time snacks!

**Location: Oasis at The Chandler House**

**Thursday** **Oct 30**  
**Fee: \$10** **2:00-3:30**

## 281 Hotel Hysteria

*Bill Perryman, M.Ed.*

What Main Plaza hotel provided lodging for Sam Houston? Which



hotel was the scene of a San Antonio mayor's funeral who died in office? What hotel was the scene of an unsolved murder mystery? Which hotel hosted European royalty who checked out early because of unsavory accommodations? Join Bill Perryman for tantalizing tales regarding murder, mystery, intrigue, and good old-fashioned buffoonery in some of San Antonio's historic hotels! Prepare yourselves for – HOTEL HYSTERIA – San Antonio style!

**Location: Oasis at The Meadows**

**Tuesday** **Oct 28**  
**Fee: \$11** **10:00-11:30**

## 282 Create a Fall Floral Arrangement

*The Rose Boutique*

With the bounty of fall foliage and the colors of autumn, you can put together beautiful, colorful arrangements. Come create a beautiful arrangement that you can take home. All supplies are included.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$40**

**Nov 4**  
**1:00-2:30**

## 283 Pollinator Gardening

*Bexar County  
Master Gardeners*



Pollinators play a critical role in sustaining our ecosystem, but with the reduction of habitats and increased use of insecticides, they're on the decline. In this presentation, participants will learn about a variety of plants that attract pollinators and how to plan and create a successful habitat for pollinators.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Nov 6**  
**1:00-2:30**

## 284 Carol Burnett

*Gloria Jennings*

The actor-comedian has been making people laugh since the 1950's and continues to work to this day. Join us as we follow her life of tears and laughter.

**Location: Oasis at The Chandler House**

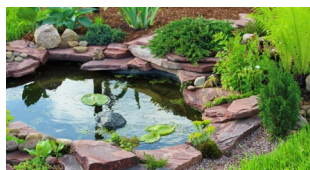
**Tuesday**  
**Fee: \$7**

**Nov 11**  
**2:00-3:30**

## 285 Build a Pond!

*Craig Stimson*

A pond can be a source of relaxation and a centerpiece in any landscaping project. Learn the basics of building a pond. Equipment, plants and even fish will be discussed.



**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Nov 12**  
**10:30-12:00**

## 286 Wine Tasting: Texas High Plains Wines

*Bob Bragg, WSET Level 3, CSW*

Texas is the fifth-largest wine-producing state and ranks third in economic impact when tourism is included. The Texas High Plains AVA-spanning nearly 8 million acres at elevations of 2,800-4,000 feet-is the state's leading grape-growing region, producing about 80% of Texas's wine grapes and cultivating over 75 varieties. James Smith of Reddy Vineyards and Bob Bragg will share insights on the region and lead a tasting of its top wines.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$40**

**Nov 4**  
**1:00-3:00**



## 287 Learn to Juggle

*Craig Stimson*

Juggling boosts hand-eye coordination, reflexes, spatial awareness, focus, and strategic thinking, which are valuable skills for older adults. Join our beginner's class and learn to juggle and make your own juggling balls!

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$7**

**Nov 13**  
**9:30-11:00**

## 288 Science Fiction in Film Making

*Beverly Prado*

Our fascination with the future is ever evolving, and movies that contribute to this mysterious topic have long delighted audiences. With a combination of science and fantasy, *The Thing from Outer Space*, *War of the Worlds*, *The Day the Earth Stood Still*, *2001: A Space Odyssey*, and *Star Wars* are just a few films that have impacted our view of the future.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Nov 12**  
**1:00-2:30**



## 289 Nothing But the Blues

*Glad Hatters Jazz Band*

**LIVE  
MUSIC!**

The Blues is a musical genre that originated among African-Americans in the Deep South around the 1860s, emerging from work songs and spirituals, influencing many styles, including jazz, ragtime, country, bluegrass, R&B, bebop, and rock 'n roll. The Glad Hatters Jazz Band will explore the basic Blues form and perform traditional jazz tunes linked to cities like Memphis, St. Louis, Dallas, and Atlanta, as well as streets such as Basin, Canal, and Beale. You'll hear songs by composers like W.C. Handy, King Oliver, and Jelly Roll Morton. Whether slow or fast, sad or joyful, the blues always evokes emotion.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$10**

**Nov 7**  
**10:00-11:30**



## 290 Conte Crayon

*Vikky Jones, MFA, UTSA*

On 8"x10" toned paper, we'll draw a small image with brown, orange, white, and black conté crayons. Plus, you'll learn the secret to creating a dramatic, frameable, keepsake artwork in one session! All supplies included.

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$7**

**Dec 11**  
**10:00-11:30**

## 291 Wreath Making

*Kelley Gallant, MBA*

Learn how to make a holiday wreath using mesh and ribbon and of course adding a sign. We will learn this easy technique and take a beautiful wreath home that you created! All supplies included.

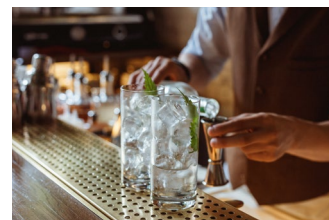
**Location: Oasis at The Chandler House**

**Tuesday**  
**Fee: \$42**

**Dec 2**  
**1:00-3:00**

## 292 Gin Tasting and Mixology

*Bob Bragg,*  
*WSET Level 3, CSW*



Gin's history can be traced back to its Dutch origins in the Middle Ages. Whether used for its mythical medicinal qualities, its legends on the battlefield as "Dutch Courage," its symbolism of extravagance of *The Great Gatsby*, or its modern fame as the "shaken, not stirred" favorite of James Bond, its presence in culture through the ages is exceptional. Each distiller seems to have their own favorite mix of botanicals, making gin flavor profiles some of the most wide-ranging of all spirits. Join us to taste a few examples, and get a deep dive into the history, styles and recipes of gin.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$40**

**Dec 2**  
**1:00-3:00**

## 293 Chili Queens of San Antonio

*The Witte Museum*

Who were the chili queens and why was their chili so good? Come learn the secret as we explore the history and ingredients of a chili queen's table with the staff of the Witte Museum.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$9**

**Nov 18**  
**1:00-2:30**



## 294 Easy Art Notecards

*Molly Valdez*

Notecard illustration is all about simple and fast, just aiming to create energy and interest for what you put on the inside of the card! We'll create several in this single session. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$16**

**Dec 2-9**  
**5:30-7:00**





## Famous Nonagenarians

*Beverly Prado*

What are nonagenarians? In this class, we will highlight those on the world stage who were fortunate enough to reach the age of 90 and beyond. In Part 1 we will explore world leaders such as Queen Elizabeth II, Henry Kissinger, Jimmy Carter, and Jane Goodall. In Part 2 we will cover entertainment legends such as Olivia de Havilland, Mel Brooks, Willie Nelson, Eva Marie Saint, and Dick Van Dyke.

**Location: Oasis at The Meadows**

### 295 Part 1

**Tuesday** **Dec 2**  
**Fee: \$7** **10:00-11:30**

### 296 Part 2

**Tuesday** **Dec 9**  
**Fee: \$7** **10:00-11:30**

## 297 Holiday Plants

*Bexar County Master Gardeners*

This hour-long presentation highlights beautiful holiday plants to consider for your home or for gifts to others. Participants will learn about general holiday plant care as well as the needs for specific plants, such as poinsettias.

**Location: Oasis at The Chandler House**

**Thursday** **Nov 20**  
**Fee: \$7** **9:30-11:00**

## 298 Art Appreciation: Andy Warhol

*Vikky Jones, MFA, UTSA*

Join us for a dynamic presentation about American artist Andy Warhol, one of the highly influential Pop Artists of the 20<sup>th</sup> century. As we learn his biography, we'll see a selection of images and video clips, surveying the development of his controversial work styles, concepts, and persona. Countering his most well-known quote, he is certainly famous for well over 15 minutes!

**Location: Oasis at The Meadows**

**Tuesday** **Dec 2**  
**Fee: \$7** **1:00-2:30**



## 299 Spirits Among Us

*Ginny Brown, LCHW*

There's a difference between being in a room alone and having your departed loved one there with you in spirit. You can feel it. The feeling that they're there with you may also be a way the recently deceased communicate with us. Countless people experience their loved one's passing by feeling a presence—getting the sense that the person is nearby. Experiencers also describe being able to sense their deceased loved one's emotions during the encounter. We will discuss possible reasons for this, and dive into a few experiences.

**Location: Oasis at The Meadows**

**Tuesday** **Nov 18**  
**Fee: \$7** **6:00-7:30** 

## 300 Diamond Art

*Julie Gonzalez*

Diamond Art is a creative hobby where tiny, resin rhinestones are applied to a canvas to create sparkling, mosaic-style artwork. It's similar to paint-by-numbers and cross-stitch, but instead of paint or thread, you use the resin diamonds to fill in the design. Diamond Art is known for its calming and stress-relieving effects. To get the most out of this, choose a meditation art diamond painting kit with an image that's relaxing so you can truly immerse yourself into the experience. Participants will purchase their own kit (approx. \$5-\$15.)

**Location: Oasis at The Chandler House**

**Tuesdays** **Dec 2-9**  
**Fee: \$14** **10:00-11:30**

## 301 Joseph: From Pit to Palace

*Christina Howard, MA, I.B. History*

Many of us know the story of Joseph, favored by his father, annoying to his brothers who eventually devise a way to get rid of him. Sold to foreigners and taken to Egypt, he works his way up to become an important Egyptian leader. This presentation will dig a little deeper into this tale of power, prophecy and forgiveness.

**Location: Oasis at The Meadows**

**Wednesday** **Dec 3**  
**Fee: \$7** **1:00-3:00**

## 302 Eleanor Roosevelt

*Gloria Jennings*

Eleanor Roosevelt was the longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. Come explore through narrative and film, the accomplishments of this different-thinking woman.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Dec 4**  
**10:00-11:30**

## 303 What Are Black Holes?

*Ben Jurewicz, E.A.A.,  
MS, Aeronautics and  
Astronautics - MIT*



Join us for this expansive overview to these enigmatic cosmic phenomena, explaining their formation from massive stars, the concept of the Event Horizon, and the different types—stellar, supermassive, and primordial, highlighting their unique characteristics and the roles they play in the universe. It explores how black holes influence their surroundings, from star formation to galaxy evolution, aiming to inspire awe and curiosity about these mysterious wonders in the universe.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Dec 11**  
**1:00-2:30**

## 304 History of Holiday Films

*Beverly Prado*

Beloved films center around the winter season. Film clips from some of our favorites, like *It's a Wonderful Life*, *Home Alone*, *The Grinch*, *A Christmas Carol*, *Die Hard* (?) and others will be featured. Sappy? Heartwarming? Action packed? Comedic? Yes!

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$7**

**Dec 18**  
**9:30-11:00**

## 305 Movie Discussion: Gene Hackman Movies

*Lynn Waghalter and Alonoso Jasso*

Considered one of the greatest actors of his generation, Hackman's acting career spanned over four decades. With his nuanced, unfailingly realistic approach to acting, Hackman brought a moody intensity to his films. He received several accolades, including two Academy Awards. We will watch and discuss two of his movies, *Hoosiers* and *Mississippi Burning*. Refreshments will be served.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$8**

**Dec 2-9**  
**3:00-5:30**

## 306 Scandalous San Antonio-Part 2

*Bruce Martin, Certified Professional Tour Guide*

Discover scruffy behavior from our city's past – colorful characters and tragic consequences, scheming scallywags that got caught – others that got away. Some scandals you may remember, but other tales of illicit activity may surprise you. Join this presentation that will reveal the sketchy side of San Antonio's history.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$10**

**Dec 17**  
**10:00-11:30**

## 307 Showtime: History of San Antonio's Theaters

*Bill Perryman, M.Ed.,  
Certified Professional Tour Guide*

Get your popcorn and take your seats! Bill Perryman opens the curtain regarding interesting facts, details, and nuances of several beloved San Antonio theaters! Which theater was supposed to have a spray of water in front of the stage? Who rode their horse up and down the aisles of the Empire in 1943? Which theater used phosphorescent paint and black lighting to illuminate their auditorium murals? Get ready to be entertained – it's SHOWTIME!

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$11**

**Dec 18**  
**10:00-11:30**

### 308 City of San Antonio Services for Older Adults

*Debra Colorado*

Every day in San Antonio people age 60 and older are participating in an exciting array of programs and services specifically designed for older adults. Learn more about the services that are available.

**Location: Oasis at The Meadows**

**Thursday** **Sep 4**  
**Free** **10:00-11:30**

### 309 Do Your Paperwork Now

*Brennen Boze, Attorney at Law*

Elder Law Attorney, Brennen Boze, will discuss all legal issues and paperwork that you should have before you become terminally ill or you pass away so that your family knows exactly what to do.

**Location: Oasis at The Meadows**

**Monday** **Sep 8**  
**Fee: \$7** **10:00-11:30**

### 310 Volunteering at Oasis

*Cynthia Cardenas, M.Ed.*

Do you want to become a volunteer at Oasis? This class will give you all the information to do just that.

**Location: Oasis at The Meadows**

**Monday** **Sep 8**  
**Free** **1:00-2:30**

### 311 All About Oasis

*Kelley Gallant, MBA*

Are you new to Oasis? Do you have a friend who would like to learn more about our programs? This class is for you! We will talk about all the wonderful classes and trips that Oasis offers. You will be able to ask questions and give ideas on what you would like to see for classes. We will have snacks and beverages, so come and learn about Oasis! Bring a friend who is not already a member and receive a \$5.00 credit towards a class! RSVP for your friend when you register to ensure we have room!

**Location: Oasis at The Meadows**

**Tuesday** **Sep 16**  
**Free** **5:00-6:30** 

### 312 Stronger Together: Benefits of Multi-Generational Living

*Marisa Gomez*

The number of Americans living in multigenerational households has nearly quadrupled in just the last decade. This growing trend offers a wide range of benefits for both seniors and their families-from emotional support and shared responsibilities to financial savings and strengthened family bonds. Join us as we explore the advantages of multigenerational living, and why more families are choosing to live under one roof. Whether you're considering this lifestyle or simply curious, this session will provide valuable insights and practical takeaways.

**Location: Oasis at The Meadows**

**Monday** **Sep 15**  
**Fee: \$7** **1:00-2:30**

### 313 Bridging the Gap: Preparing for Life Transitions Together

*Generations Team*

This workshop emphasizes creating a proactive approach to life transitions for older adults and their adult children. The session aims to open a dialogue that acknowledges both perspective, outlines strategies for initiating conversations, and equips participants with practical tools for effective decision-making and stress management.

**Location: Oasis at The Meadows**

**Wednesday** **Sep 24**  
**Fee: \$7** **10:00-11:30**

### 314 C.R.A.S.E. Active Shooter Training

*Bexar County Sheriff's Office*

C.R.A.S.E. stands for Civilian Response to an Active Shooter Event. This course teaches the essential steps of the 'Avoid, Deny, Defend' strategy for protecting yourself during an attack. It also covers life-saving techniques and emphasizes the importance of having a plan for what to do after a major incident.

**Location: Oasis at The Meadows**

**Wednesday** **Oct 15**  
**Free** **10:00-12:00**

## 315 Starting a Small Business

*William Jackson Jr.*

This is a practical class designed to help older adults explore, start, and manage their own small business ventures with confidence and clarity.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Sep 23**  
**1:00-2:30**

## 316 Advanced Planning and Five Wishes

*Byron Cordes, LCSW, C-ASWCM*

What if you became seriously ill and were unable to express your wishes; who would speak for you? Most importantly, how would they know what your wishes are? In this course, we will discuss the steps to plan in advance for such an event. And also discuss the "Five Wishes" program, the living will that addresses your personal, emotional and spiritual needs, as well as your medical wishes.

**Location: Oasis at The Chandler House**

**Thursday**  
**Free**

**Sep 25**  
**2:00-3:30**

## 317 Protecting Your Money from Risk and Volatility

*Jake Yetterberg, CSA*

In this class we will learn about managing volatility and risk to ensure your money survives as long as you do. We will discuss:

- Three ways to guarantee you cannot outlive your money.
- Vital steps to protect yourself in an unpredictable political and global environment.
- The worst type of accounts (and the best) to use to take risk as the market breaks volatility records.
- How to use historical analysis of volatile time periods like a crystal ball.
- How to thrive financially in a recessionary environment and a financial slowdown.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Sep 30**  
**10:00-11:30**

## 318 Ride Connect Texas

*Amanda Villarreal, PhD*

Learn about affordable transportation services for those with disabilities or who are 50 and older in San Antonio who live in the service area.

**Location: Oasis at The Chandler House**

**Tuesday**  
**Free**

**Sep 30**  
**9:30-11:00**

## 319 VIA Services for Older Adults

*Andrew Guajardo, VIA Metropolitan Transit*

The class will inform participants how to access services and programs for older adults, and provide an update to projects in progress.

**Location: Oasis at The Chandler House**

**Tuesday**  
**Free**

**Oct 7**  
**10:00-11:00**

## Yetterberg Retirement Solutions



**Tired of Market Volatility?**  
**Losing sleep at night?**  
**Looking for better fixed interest rates?**



We can help you manage prudent solutions like:

- Laddering
- Shopping all insured institutions
- Closely monitoring maturity dates at renewal

It is possible to increase your yield and add "peace-of-mind" without increasing your risk.

In uncertain times, it is imperative to have a safety net under an appropriate portion of your retirement money. "Black Swan" events like we have witnessed can thrust you into disarray if you are unprepared.

If you'd like help in developing a plan for your personal situation, please feel free to call us. We are happy to help you stabilize assets and safely increase your yield.

Of course, if you can join us for an Oasis class, that is always a good way to gather important information. Stay safe and healthy!

**[www.yourretirementsolutions.com](http://www.yourretirementsolutions.com)**  
**or call (210) 495-3711**



## All About the Morningside Green House Homes

*Patrick Crump, CEO Morningside Ministries*

Learn about the Green House Homes at Morningside, and how they work. Morningside is replacing the old nursing home at the Meadows with a senior living model that revolutionizes care and disrupts the status quo. Green House Homes have proven to afford elders, and the team that supports them, a superior quality of life.

**Location: Oasis at The Meadows**

**320** Wednesday Sep 17  
Free 10:00-11:30

**Location: Oasis at The Chandler House**

**321** Thursday Nov 6  
Free 9:30-11:00

## Community Resources

*Kelley Gallant, MBA*

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Come learn about the many resources available for you as an older adult.

**Location: Oasis at The Meadows**

**322** Monday Oct 13  
Free 1:00-2:30

**Location: Oasis at The Chandler House**

**323** Tuesday Oct 14  
Free 2:00-3:30

## 324 San Antonio Water: Sole Source to Diversity

*Gregg Eckhardt*

From Spanish Colonial acequias to gushing artesian wells, San Antonio has a unique and colorful water history like no place on Earth. Gregg Eckhardt will trace the development of the city's water supply and management from sole source to diversity.

**Location: Oasis at The Chandler House**

Thursday Oct 9  
Free 9:30-11:00

## 325 United Way 211 Helpline

*Shirley Urshan*

The United Way 211 Helpline is a free and confidential social service hotline that connects individuals to vital resources in their local community. Whether you're seeking help with housing, food, health care, or other needs, 211 is here to guide you to the right services.

**Location: Oasis at The Meadows**

Tuesday Oct 14  
Free 10:00-11:30

## 326 Community Engagement

*Brenda Schmachtenberger*

One way to use your gift of time is to spend some of it to help others. There are many ways to help others that range all the way from small acts of kindness, to engaging across generations, to being or helping caregivers, to immersing yourself in community service. Come and learn how to get involved in your community.

**Location: Oasis at The Meadows**

Monday Oct 20  
Free 10:00-11:30

### Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed Charitable Foundation

Morningside Ministries

Bexar Area Agency on Aging

John L. Santikos Charitable Foundation  
of the San Antonio Area Foundation

Valero Energy Foundation

Myra Stafford Pryor Charitable Trust

L.L. and Eva Lentz Charitable Trust

Najim Family Foundation

Kronkosky Charitable Foundation

Greehey Family Foundation

Mays Family Foundation

## 327 Build the Perfect Retirement Plan

*Jake Yetterberg, CSA*

In this class we will learn about:

- Building a minimum income level that YOU control.
- Managing short-term emergency funds for higher returns and tax control.
- How to reduce or eliminate risk and still have the potential for above-average gains.
- Tax strategies to protect from the inevitability of higher taxes due to our growing debt crisis.
- Protecting your money from Black Swan events like the recent trade and tariff war, the 2008 bond and bank crisis, a long-term care catastrophe, and other unforeseen events.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Oct 21**  
**5:30-7:00** 🌙

## 328 Fire Safety

*San Antonio Fire Department*

Join the San Antonio Fire Department for a presentation on their work in the community which includes the FireSafeSA program for home, work and school safety. Learn what you can do to be fire safe today.

**Location: Oasis at The Meadows**

**Wednesday**  
**Free**

**Oct 22**  
**10:00-11:30**

## 329 San Antonio River Authority-Upcoming Projects and Goals

*Mario Siller, San Antonio River Authority*

Join us as the San Antonio River Authority gives an update on upcoming projects and strategic goals designed to protect, enhance, and responsibly develop the San Antonio River. This presentation offers a forward-looking view into how the River Authority is working to ensure a vibrant, healthy watershed for generations to come.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$5**

**Oct 29**  
**1:00-2:30**

## 330 Transportation Options for Older Adults

*Jo Ann Tobias-Molina*

Transportation is one of the biggest hurdles that older adults face. Affordable public and private transportation options exist for older adults who are unable to drive. Come to this class to learn about resources in your area.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Oct 27**  
**1:00-2:30**

## 331 Who Decides When I Can't

*Autumn Puckett, Attorney at Law*

Who takes over if you can't take care of the everyday business of living-things like paying bills, making doctor's appointments, or getting the plumbing fixed? Who decides who takes over? An Elder Law Attorney will answer these questions and explain the differences between guardianship and power of attorney.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Oct 28**  
**5:30-7:00** 🌙

## 332 Freedom of Speech

*Geary Reamey*

Every American knows we have "freedom of speech," but few know the scope and limitations on that freedom. It's not an absolute right, but how far does it extend? When does it apply? What is "speech"? Does it apply to comments we post on Facebook? Or in a letter to the editor of our local newspaper? Or in something we want to say in a city council or school board meeting? Maybe in a protest? Explore these issues and more in this class, and learn where this precious right begins and ends.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Nov 5**  
**10:00-11:30**



## 333 Getting Your Legal Affairs In Order 336 Veterans Resources

*Brennen Boze, Attorney at Law*

Being prepared and having important documents in a single place can give you peace of mind, help ensure your wishes are honored, and ease the burden on your loved ones. We will discuss what documents you should make sure to have in place.

**Location: Oasis at The Meadows**

**Wednesday** **Oct 29**  
**Fee: \$7** **10:00-11:30**

## 334 All About Silver Connect

*Julie Gonzalez*

Silver Connect offers adults age 50 and above the opportunity to talk to a friendly volunteer for emotional support. Join us to learn more.

**Location: Oasis at The Meadows**

**Monday** **Nov 10**  
**Free** **1:00-2:00**

## 335 Paws for Purple Hearts

*Roxanne Vilanova*

Discover how Paws for Purple Hearts is transforming the lives of America's Warriors through the power of canine companionship. This presentation will explore how highly trained Assistance Dogs and innovative canine-assisted therapy programs support veterans and service members facing mobility challenges, PTSD, and traumatic brain injuries (TBI). Learn how these incredible dogs not only assist with daily tasks but also play a vital role in emotional healing.

**Location: Oasis at The Meadows**

**Tuesday** **Dec 2**  
**Free** **10:00-11:30**



*Craig Harris,*  
*Bexar County Veterans Services Center*

If you are a Veteran or a spouse, dependent or survivor of a Veteran, this class is for you. You may not be aware of the range of benefits available for Veterans and their dependents. Sign up for this class to learn more benefits available to you.

**Location: Oasis at The Meadows**

**Monday** **Dec 1**  
**Free** **10:00-11:30**

## 337 Navigating the San Antonio Community Resource Directory

*Alice Alvarez*

Discover how the San Antonio Community Resource Directory (SACRD) connects individuals and families with essential services across the San Antonio area. This user-friendly directory features nonprofits, congregations, government agencies, and other support groups. Learn how SACRD works, who it serves, and how it helps residents and providers find and share critical resources-such as housing, food, mental health, and employment services-to strengthen community connections.

**Location: Oasis at The Meadows**

**Monday** **Dec 1**  
**Free** **1:00-2:30**

## 338 End-of-Year Planning Steps

*Jake Yetterberg, CSA*

In this class we will discuss:

- Tax planning steps to take before year's end.
- How history can help predict the steps you should be taking now.
- Risk assessment: How to rebalance a portfolio given unprecedented volatility and changes.
- Unique Roth strategies that allow risk and market corrections to benefit you, not hurt you
- Washington's influence on your tax planning window: New laws will affect what you can do and what you should do-you must understand the new planning window.

**Location: Oasis at The Meadows**

**Monday** **Dec 8**  
**Fee: \$7** **10:00-11:30**

### 339 Transfer on Death Deeds

*Todd Marquardt, Attorney at Law*

A Texas state law allows real property owners to record a "Transfer on Death Deed" naming a beneficiary to own that real property after they die. With a properly recorded Transfer on Death Deed, no probate is needed to transfer the real property. During this class you will learn the pros and cons and whether or not it is right for you.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$7**

**Nov 19**

**10:00-11:30**

### 340 Fraud: How to Protect Yourself

*Sandy Sullivan, Retired SVP Fraud Management*

During this session you will learn all you need to know about current frauds as well as the oldies, but not so goodies in the fraud world. You will also take away tools and resources that will help you avoid being a victim of a fraud/scam, and will be able to leave the class with the knowledge to educate your family, friends, and neighbors about fraud.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$5**

**Dec 15**

**1:00-2:30**

### 341 Reframing Aging

*Jo Ann Tobias-Molina*

Embrace the joy of aging! It's time to change the way we talk, think and act about age. Join the national conversation in the interactive session as we learn and discuss the importance of language choice as the newest way to combat ageism.

**Location: Oasis at The Meadows**

**Wednesday**

**Free**

**Dec 10**

**1:00-2:30**

### 342 The Birds and Plants of Mitchell Lake Audubon Center

*Erin Magerl*

The Mitchell Lake Audubon Center is a San Antonio treasure. Did you know you can see 500 species of birds and watch butterflies and hummingbirds in beautiful native plant gardens? This site, once so terribly abused, is seeing new life under the management of the National Audubon Society and serves as an outdoor classroom to thousands of area students, a water conservation demonstration area and a great recreational location for all ages.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$7**

**Dec 18**

**1:00-2:30**



## Do You Want to Talk? Try Our Chat Line!

Would you like to chat with someone who will listen with no judgement, just empathy? **Silver Connect** is a free chat line for older adults age **50 plus**. Our volunteers would love to listen and offer emotional support, reassurance, resources and opportunities to share life's experiences. Call **Silver Connect** today!

**Chat Line: (210) 756-5551**

**Monday-Friday 5pm-9pm**

**Saturday-Sunday 9am-9pm**

Sponsored by:





## 343 Phishing and Identity Theft

*Glenda Raichlen*

If you use email, social media, or text messaging, you're a target for phishing-scams that trick you into revealing personal information. This course teaches you how to spot phishing attempts and protect yourself online. Book is included in the fee.

**Location: Oasis at The Meadows**

**Wednesday** **Sep 3**  
**Fee: \$5** **1:00-3:00**

## 344 Intro to Excel

*Sharon Parson*

Learn the basics of Microsoft Excel, a widely used spreadsheet program for managing data and calculations. You'll learn to use Excel for budgeting, tracking investments, monitoring loan payments, comparing mortgages, creating invoices, and more. Basic computer skills and familiarity with Windows are recommended. Laptops will be provided for use during class. Book is included in the fee.

**Location: Oasis at The Meadows**

**Fridays** **Sep 5-19**  
**Fee: \$35** **10:00-12:00**

## 345 Intermediate Excel

*Sharon Parson*

Take your Excel skills to the next level. Designed for users who are comfortable with basic functions and navigation, this class dives deeper into Excel's powerful features to improve your data analysis, efficiency, and reporting capabilities. Laptops will be provided for use during class.

**Location: Oasis at The Meadows**

**Fridays** **Dec 5-19**  
**Fee: \$35** **10:00-12:00**

## 346 iPad Basics

*Doris Slay-Barber*

For anyone new to iPad or looking to better understand its basic functions. Learn key features, tips, and tricks to get the most out of your device.

**Location: Oasis at The Meadows**

**Monday** **Sep 15**  
**Fee: \$11** **1:00-3:00**

## Online Shopping and Safety

*Julie Gonzalez*

Online shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the Internet. Come find out how to use online shopping safely and conveniently for all the items you enjoy!

**Location: Oasis at The Chandler House**

**347 Tuesday** **Sep 2**  
**Fee: \$5** **9:30-11:00**

*Glenda Raichlen*

**Location: Oasis at The Meadows**

**348 Wednesday** **Sep 17**  
**Fee: \$5** **1:00-3:00**

## 349 Everything iPad

*Carita DeVilbiss*

Learn everything you could ever want to know about your iPad. This workshop is spread over four sessions with a limited number of participants. So, you will have an input in deciding which items get extra attention. In addition to surfing the internet and checking mail, your iPad can video chat with loved ones across the world, record the voices of your loved ones, shoot videos, take photos, play music, and much more.

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays** **Sep 9-18**  
**Fee: \$40** **1:00-3:00**

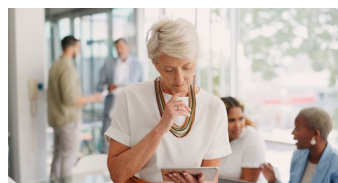
## 350 iMovie

*Carita DeVilbiss*

In this hands-on workshop, you'll learn the basics of iMovie using your Apple iPad or computer by creating your first movie. iMovie is free for all Apple users and offers a fun, creative way to get started with video editing. Since 2017, Apple has been providing iMovie, along with Pages, Numbers, Keynote and GarageBand. Join us and give it a try!

**Location: Oasis at The Meadows**

**Wednesdays** **Sep 10-24**  
**Fee: \$30** **1:00-3:00**



## 351 What is ChatGPT

*Doris Slay-Barber*

You've probably been called "too chatty" before, but what is ChatGPT? In this class, you'll learn how ChatGPT started, how it connects to AI, and how it can help just about anyone. Try it out for yourself—just bring a fully charged laptop, tablet, or iPad.

**Location: Oasis at The Meadows**

**Monday** **Sep 22**  
**Fee: \$11** **1:00-3:00**

## 352 All About Cybercrime

*Julie Gonzalez*

If you are on the internet or have a smartphone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the internet because your government, medical and financial records are stored online. In the class you will learn how to minimize your risk, protect your assets and safeguard your online information.

**Location: Oasis at The Meadows**

**Tuesday** **Sep 30**   
**Fee: \$5** **6:00-7:30**

## 353 Communicating with Family Using Device Apps

*Garrett Armijo*

This is a relaxed, hands-on class designed for anyone who wants to stay in touch with friends and family using a mobile phone, tablet or computer. You will learn how to send messages, make video calls and share photos. No prior experience needed; we will go step by step.

**Location: Oasis at The Chandler House**

**Thursday** **Oct 9**  
**Fee: \$11** **2:00-3:30**

### Severe Weather or Emergencies

In the event of severe weather or emergencies, class cancellations will be posted to our website.

Oasis does not automatically close following the closure of local school districts.

## 354 Apple Photos App

*Carita DeVilbiss*

Would you like to know more about the powerful Photos app on your iPhone/iPad/MacBook/iMac? In this lecture-style course we'll delve into four key areas of your visual images: how to capture/organize/edit/share visual images. Learn how to use the wonderful tool you carry around with you.

**Location: Oasis at The Meadows**

**Mondays** **Oct 13-20**  
**Fee: \$22** **1:00-3:00**

## 355 Android Essentials

*Julie Gonzalez*

This course will teach you the basic skills of using your Android-based device including initial setup, gestures, organizing apps and Home screens, finding and installing useful apps, as well as using Maps and the camera functions. It also covers using Gmail and Google Calendar. Book is included in the fee.

**Location: Oasis at The Meadows**

**Wednesdays** **Oct 15-22**  
**Fee: \$25** **1:00-3:00**

## 356 Those Tricky Scammers

*Linda Mockeridge, LCSW*

In this class, we will explore texts, calls, emails, and how to protect yourself. Other strategies include freezing your credit, getting your credit report, using a VPN, and more. We'll also discuss your stories of scams and what you learned in order to prevent others from a similar situation.

**Location: Oasis at The Chandler House**

**Tuesday** **Oct 28**  
**Fee: \$7** **2:00-3:30**

## 357 Your Device Accessibility Settings

*William Jackson Jr.*

This hands-on class teaches older adults how to customize and use technology tools to improve ease of use, comfort, and independence.

**Location: Oasis at The Meadows**

**Monday** **Nov 3**  
**Fee: \$11** **1:00-2:30**

## 358 Beginner iPhone

*Doris Slay-Barber*

For people who have never used an Apple product, using an iPhone can be intimidating. Simple tasks such as sending text messages and importing contacts can be difficult to a new iPhone user. Come to this class to learn the basics of how to use your iPhone.

**Location: Oasis at The Meadows**

**Mondays & Fridays**

**Nov 17-21**

**Fee: \$22**

**10:00-12:00**

## 359 Intermediate iPhone

*Doris Slay-Barber*

Now that you have a working knowledge of your iPhone, you might want to take it to the next level. Come learn more about the features and apps available to you. Beginner iPhone, or a working knowledge of iPhones is a prerequisite for this class.

**Location: Oasis at The Meadows**

**Mondays**

**Dec 8-15**

**Fee: \$22**

**10:00-12:00**

## 360 Smartphone Photography

*Julie Gonzalez*

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. Learn about editing, slo-mo, panoramic, time-lapse, filters and sharing your photos.

**Location: Oasis at The Chandler House**

**Tuesday**

**Nov 18**

**Fee: \$11**

**2:00-3:30**

## 361 Exploring Entertainment Apps

*William Jackson Jr.*

This fun, interactive class introduces older adults to popular apps for streaming music, movies, TV shows, and playing games on our devices.

**Location: Oasis at The Meadows**

**Monday**

**Dec 8**

**Fee: \$11**

**1:00-2:30**

## 362 Windows 11

*Glenda Raichlen*

Windows 11

represents a major update to the look

and functionality of your PC. This class will show you how to use the new features like snap layouts and the Start menu. You'll also learn how to personalize your computer with themes and use Edge for fast and convenient browsing. Laptops will be provided for use during the class. Book is included in the fee.

**Location: Oasis at The Meadows**

**Fridays**

**Dec 5-12**

**Fee: \$25**

**10:00-12:00**



## 363 Storage and Backup on Your Device

*Garrett Armijo*

This class is a friendly, easy-to-follow class designed for anyone who wants to better understand their mobile phone, tablet or computer. We'll show you how to check your storage, safely back up your photos and information, and keep your device running smoothly. No tech experience needed, we will guide you step by step and answer your questions along the way.

**Location: Oasis at The Chandler House**

**Tuesday**

**Dec 16**

**Fee: \$11**

**2:00-3:30**

## 364 How to Sign Up for Oasis Classes Online

*Kelley Gallant, MBA*

Come to this hands-on class to learn how to sign up for Oasis classes online! If you have a mobile phone, tablet or laptop please bring it to class. Laptops are available for use during class.

**Location: Oasis at The Meadows**

**Wednesday**

**Dec 17**

**Free**

**1:00-2:00**



The following classes are held at and are sponsored by:  
**MORNINGSIDE AT MENDER SPRINGS**  
 1100 Grand Blvd., Boerne, TX 78006

### 365 Fun with Zentangle

*Gaylynne Robinson*

We will start with simple borders and designs, work our way to shading and coloring, and then take on more complex designs using geometrics, florals, scrolls, jewels, borders and more. All supplies included.

**Thursday**

**Free**

**Sep 18**

**10:00-11:30**

### 366 Introduction to the Blues

*Craig Stimson*

There are many paths taken by the style of music entitled "The Blues." In this class, we will explore a few of those, including the origins and a sprinkle of savory musical tastes to accompany the words!

**Thursday**

**Free**

**Oct 16**

**10:00-11:30**

### 367 Meditation

*Ginny Brown, LCHW*

Meditation is a practice that trains attention and awareness, helping individuals achieve a mentally clear and emotionally calm state by detaching from reflexive thoughts. It involves focusing on a specific object, sound, or sensation, like breathing, to quiet the mind and promote relaxation. In this class, we will discuss how meditation can help you and give a brief demonstration.

**Thursday**

**Free**

**Nov 20**

**10:00-11:30**



### 368 History of Holiday Traditions

*Michael Cude, PhD,  
Schreiner University*

This class will address the history of several major holidays, covering their origins and the development of traditions connected to each holiday. Holidays addressed include Easter, Valentine's Day, Thanksgiving and Independence Day.

**Thursday**

**Free**

**Dec 18**

**10:00-11:30**



**Morningside Ministries**  
SENIOR LIVING COMMUNITIES

*Live Your Best Life  
with Peace of Mind!*

Menger Springs  
(Boerne, TX)

The Meadows  
(Medical District, SATX)

The Chandler Estate  
(Monte Vista, SATX)

**Since 1961, Morningside Ministries has provided retirement living and services for older adults, including:**

- Independent Living
- Assisted Living
- Skilled Nursing
- Therapy
- Memory Care
- Home Health Care

**To learn more about our communities or to schedule a tour, please call:**  
**(210) 734-1000 • [mmliving.org](http://mmliving.org)**

**Discrimination is Against the Law.** Morningside Ministries complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Morningside Ministries does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. License Nos. 101799 & 000697.



The following classes are held at:  
**NORTHEAST SENIOR CENTER**  
4135 Thousand Oaks

### 369 Hoarding Disorder

*Helen Flores*

In this presentation, we will take a mental health focus on reviewing the four definitions of a hoarding disorder, what types of professions typically are seen to have hoarding tendencies, how to obtain a diagnosis, and how can we help resolve or be a part of the solution for healthy living.

**Monday** **Sep 8**  
**Free** **1:00-2:00**

### 370 Community Resources

*Kelley Gallant, MBA*

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Come learn about the many resources available for you as an older adult.

**Monday** **Oct 13**  
**Free** **1:00-2:00**

### 371 Disaster Preparedness

*Craig Stimson*

Do you have the supplies, medications and other necessities in the case of natural disaster, such as a flood, hurricane or tornado? You will learn what you need and how to prepare for a natural disaster.

**Monday** **Nov 10**  
**Free** **1:00-2:00**

### 372 A New Look at Fall Prevention

*Craig Stimson*

While exercise is important to fall prevention, mindfulness and being aware of your surroundings and how to move safely is also important. Join Oasis in a new approach to fall prevention

**Monday** **Dec 8**  
**Free** **1:00-2:00**

The following classes are held at:  
**DISTRICT 5 SENIOR CENTER**  
2701 South Presa

### 373 Put Pain In Its Place

*Craig Stimson*

If you have joint pain or have been diagnosed with osteoarthritis of the knee or other joints, there is hope! You will learn about new treatment methods, exercise and other modalities to help you manage your pain.

**Wednesday** **Sep 3**  
**Free** **10:00-11:00**

### 374 San Antonio Food Bank: Nutrition by Addition

*Sylvia Izaguirre*

Join the San Antonio Food Bank for a presentation entitled "Nutrition by Addition: Pairing Foods for Better Nutrition." A small food tasting will be included!

**Wednesday** **Oct 1**  
**Free** **10:00-11:00**

### 375 A New Look at Fall Prevention

*Craig Stimson*

While exercise is important to fall prevention, mindfulness and being aware of your surroundings and how to move safely is also important. Join Oasis in a new approach to fall prevention.

**Wednesday** **Nov 5**  
**Free** **10:00-11:00**

### 376 Decluttering

*Gloria Jennings*

Spend just five minutes a day to declutter your home and enjoy a calmer, more comfortable space. Learn simple ways to sort, organize, and maintain a clean, stress-free environment.

**Wednesday** **Dec 3**  
**Free** **10:00-11:00**

The following classes are held at:  
**DISTRICT 2 SENIOR CENTER**  
1751 South W. W. White Rd.

### 377 Ten Warning Signs of Alzheimer's

*Brett Bonney*

Alzheimer's and other dementias affect memory, thinking, and behavior, disrupting daily life. The Alzheimer's Association created the Ten Warning Signs program to help people recognize early signs in themselves and others.

**Monday** **Sep 8**  
**Free** **10:30-11:30**

### 378 Grief and the Holidays

*Kimberly Haney, LCSW*

Grief is not a problem to be solved, rather a process where pain can be embraced and we can experience healing. This workshop will remind those who attend that grief is normal and necessary. Healthy grieving helps us transform our losses into a source of strength and meaning.

**Monday** **Oct 13**  
**Free** **10:30-11:30**

### 379 Decluttering

*Gloria Jennings*

Spend just five minutes a day to declutter your home and enjoy a calmer, more comfortable space. Learn simple ways to sort, organize, and maintain a clean, stress-free environment.

**Monday** **Nov 10**  
**Free** **10:30-11:30**

### 380 Caffeine and Your Health

*Craig Stimson*

Caffeine can have both beneficial and detrimental side effects. People who consume caffeine daily may develop fewer chronic diseases but too much may be very detrimental to your health. Come learn the pros and cons of this ancient beverage.

**Monday** **Dec 8**  
**Free** **10:30-11:30**

The following classes are held at:  
**BOB ROSS SENIOR CENTER**  
2219 Babcock Rd

### 381 Decluttering

*Gloria Jennings*

Spend just five minutes a day to declutter your home and enjoy a calmer, more comfortable space. Learn simple ways to sort, organize, and maintain a clean, stress-free environment.

**Wednesday** **Sep 10**  
**Free** **9:00-10:00**

### 382 Ten Warning Signs of Alzheimer's

*Brett Bonney*

Alzheimer's and other dementias affect memory, thinking, and behavior, disrupting daily life. The Alzheimer's Association created the Ten Warning Signs program to help people recognize early signs in themselves and others.

**Wednesday** **Oct 8**  
**Free** **9:00-10:00**

### 383 Community Resources

*Craig Stimson*

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Come learn about the many resources available for you as an older adult.

**Wednesday** **Nov 12**  
**Free** **9:00-10:00**

### 384 Healthy Eating on a Budget

*Craig Stimson*

We will discuss being aware of cost while still eating well, especially during the holidays! Learn shopping hints for seasonal items, alternative food sources, and the use of coupons and discount programs available.

**Wednesday** **Dec 10**  
**Free** **9:00-10:00**

The following classes are held at:  
**SOUTHSIDE LIONS SENIOR CENTER**  
3303 Pecan Valley Dr.

### 385 All About the Funeral Consumer Alliance Program

*Janice Barsun*

This non-profit organization educates the public on end-of-life planning and provides education and support to help you navigate the funeral transaction with confidence.

**Tuesday** **Sep 9**  
**Free** **10:00-11:00**

### 386 Hydration and Healthy Holiday Beverages

*Craig Stimson*

Hydration is always important but with the coming holidays, new challenges may arise. Join us for a presentation on the importance of hydration and new ideas on holiday beverages.

**Tuesday** **Oct 14**  
**Free** **10:00-11:00**

### 387 Communicating Effectively with Your Doctor

*Craig Stimson*

As healthcare becomes more complex, having a meaningful and productive conversation with your doctor is vitally important. Learn tips on effectively communicating with your doctor and their staff.

**Tuesday** **Nov 11**  
**Free** **10:00-11:00**

### 388 ID Theft and the Older Adult

*Summer Reyes*

Is your identity safe? Do you know the techniques that ID scammers use? Summer Reyes of Texas Regional Bank will teach you how to recognize the signs of scammers and how to protect your identity.

**Tuesday** **Dec 9**  
**Free** **10:00-11:00**

The following classes are held at:  
**WALKER RANCH SENIOR CENTER**  
835 W. Rhapsody

### 389 Senior Bullying

*Kimberly Haney, LCSW*

We've heard a lot about this issue in the context of children in schools, but what about seniors? Senior bullying is a real phenomenon and can lessen the quality of life, contribute to fear and isolation, and depression. Learn what you can do to make a difference in your life and others.

**Thursday** **Sep 4**  
**Free** **10:00-11:00**

### 390 VIA Services for Older Adults

*Andrew Guajardo, VIA Metropolitan Transit*

The class will inform participants how to access services and programs for older adults, and provide an update to projects in progress.

**Thursday** **Oct 2**  
**Free** **10:00-11:00**

### 391 ID Theft and the Older Adult

*Summer Reyes*

Is your identity safe? Do you know the techniques that ID scammers use? Summer Reyes of Texas Regional Bank will teach you how to recognize the signs of scammers and how to protect your identity.

**Thursday** **Nov 6**  
**Free** **10:00-11:00**

### 392 San Antonio SAFE Program

*Mathew Garcia*

Your local police station has a special San Antonio Fear Free Environment (SAFE) unit. You will learn from a SAFE officer how you can assist the police as they focus on identifying, evaluating and resolving community crime problems.

**Thursday** **Dec 4**  
**Free** **10:00-11:00**

### 393 Reflections of Opulence! The King William Historic District

*Bill Perryman, M.Ed.,  
Certified Professional Tour Guide*

Prepare for an experience! Master teacher, historian and certified tour guide, Bill Perryman, blends education, entertainment and FUN in a walking tour of San Antonio's beautiful King William Street. Learn fascinating facts and details regarding the people who occupied mansions in San Antonio's first fashionable neighborhood. The highly interactive tour includes audio Listen 400 series technology - you will not miss a word! Tour begins and ends at the Guenther House located at 205 East Guenther St.

**Thursday**  
**Fee: \$29**

**Oct 16**  
**10:00-11:45**



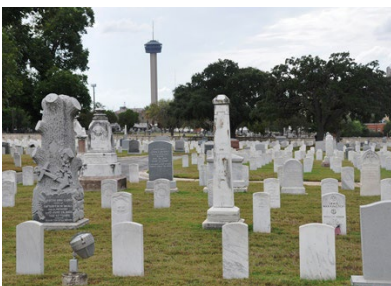
### 394 Historic Eastside Cemeteries

*Bruce Martin, Certified Professional Tour Guide*

This comfortable walking tour will highlight San Antonio's Historic Eastside Cemetery District. We will experience dramatic headstones, learn the meaning of their delicate carvings, and better appreciate the richness of our local history as we discover final resting places of individuals both well remembered and forgotten. We will meet at the corner of Monumental and Paso Hondo St. Free on-street parking is available.

**Thursday**  
**Fee: \$29**

**Oct 30**  
**9:00-11:00**



### 395 Alamo Plaza: What's Going on Down There?

*Bruce Martin, Certified Professional Tour Guide*

Join this comfortable walking tour to see for yourself dramatic improvements to Alamo Plaza - some are recently completed while others are still underway. We will discuss design challenges and the decisions involved to achieve a successful future for the Alamo and San Antonio. We will meet at the flagpole near the Alamo front door, located at 300 Alamo Plaza. Parking is available in various lots and parking garages in the area. Parking fees not included.

**Thursday**  
**Fee: \$29**

**Nov 6**  
**9:00-11:00**



### 396 San Antonio Zoo Community Insider Tour

Take a walk on the wild side! Explore the zoo with seasoned zoo experts and discover facts and fun stories about San Antonio Zoo's favorite animals. We will meet at the entrance to the San Antonio Zoo at 3903 N. St. Mary's St. Free parking is available in parking lots around the zoo, as well as at the zoo parking garage, located at 3501 Avenue B. Admission to the zoo is included in the fee.

**Thursday**  
**Fee: \$29**

**Nov 13**  
**9:00-11:00**





## 397 Texas Air Museum at Stinson Field and San Antonio Shoemakers

Our first stop of the day will be the Texas Air Museum at Stinson Field. This museum in San Antonio is the only aviation museum open to the general public. The museum's mission has been dedicated to telling stories of San Antonio's and Texas' vital role in the development of civilian and military air power. It pays tribute to aviation pioneers, notably the co-founders of Stinson Airport, Katherine Stinson, her sister Marjorie Stinson, and brother Edward Stinson. The museum also highlights technical achievements in the realm of aviation, and above all, pays respect and honor to those who gave their lives to defend freedom. Next stop will be for lunch at Don Pedro Mexican Restaurant. The last stop of the day will be San Antonio Shoemakers (SAS) with a brief history of SAS and time for shopping. SAS has been making shoes in San Antonio since 1976. In 1985, SAS opened a factory in Del Rio, Texas. SAS shoes are also carried in retailers in Canada, Mexico, Australia, Korea, Kuwait, Saudi Arabia, Panama, Chile, Israel, and England. SAS remains a family-owned company. Cost includes motor coach transportation, lunch, admission fees, and tips.

**Wednesday**  
**Fee: \$66**

**Oct 8**  
**9:00-3:30**



**Day trips will depart from the corner of St. Cloud and McNeel.**

**Parking is available at The Church of Jesus Christ of Latter Day Saints, located at 2103 St. Cloud.**

**Day Trips are Non-Refundable.**

## 398 Touring Cuero

We are heading to the Eagle Ford Shale area and will tour Cuero, which is in DeWitt County, Texas, and is also the county seat. Cuero is officially known as the "Turkey Capital of the World." It's also a significant cattle producer and shipper in Texas, and was historically a major point along the Chisholm Trail. Our first stop of the day will be the Cuero Heritage Museum to view the current featured exhibits and other city exhibits, and also visit the Pharmacy and Medical Museum that houses displays of items from the late 1800s through the early 1900s. Walking through the various displays, one quickly realizes that early pharmacy/drugstores sold just about everything, not just medicines and medical equipment. Our next stop will be for lunch at Taqueria Jalisco. After lunch, we will visit the Chisholm Trail Heritage Museum. This museum tells the stories and preserves the memories of DeWitt County's rich agricultural and cowboy histories. Cost includes motorcoach transportation, lunch, admission fees, and tips.

**Thursday**  
**Fee: \$80**

**Nov 13**  
**7:45-5:00**

## 399 Christmas at the Cabaret

Come join us at the Fredericksburg Theater to celebrate the holidays, and enjoy the performance of Christmas at the Cabaret. Before the theater, we will have dinner at The Auslander Restaurant. The Friends of the Fredericksburg Theater Cabaret was such a big hit last Christmas that they decided to bring a revised holiday version! Featuring live music, cabaret-style tables, and some familiar faces. Their performers will bring some fun Broadway hits, as well as classic holiday songs. They will share their favorite Christmas memories, fun behind-the-scenes stories, and much more. Cost includes motorcoach transportation, dinner, admission fees, and tips.

**Friday**  
**Fee: \$99**

**Dec 12**  
**5:00-10:00**



# 816 West Virginia Rails and Williamsburg

October 8-15, 2026

Upon arrival, we will meet our tour manager and board our motorcoach to our hotel for an overnight stay. Later, we will enjoy a “D.C. Twilight Illumination Tour” of the famous monuments, including those dedicated to Lincoln and Jefferson. The next morning, we will experience the Potomac Scenic Eagle Railroad. En route, we will drive by the Patsy Cline Historic House in Winchester, VA. She was the first woman inducted into the Country Music Hall of Fame in 1973. Next, we will begin a three-hour train journey that starts at Wappocomo Station next to a charming homestead with expansive views of the autumn mountains. Our train ride will lead us through pastures and farms dating back to the 1700s. As we travel along the south branch of the Potomac River, we will enter a beautiful gorge known as the Trough, which is home to American bald eagles. The following day, we will see mountains, waterfalls, and splendid fall scenery on our itinerary as we board the New Tygart Flyer train and enjoy a 4-hour round-trip journey through the West Virginia wilderness. The last stop of the day will be the West Virginia Railroad Museum.

The next day, we will travel to the famous Greenbrier Resort. In the afternoon, we will get an insider’s look with a docent-led tour of the now declassified secret bunker built underneath the hotel in 1958. This bunker was built during the Cold War for the possible evacuation of the President, Senate, and the House of Representatives. The following day, we will motor to Charlottesville and visit Thomas Jefferson’s Monticello. We will tour the Smith Gallery filled with fascinating exhibits and see a film about Jefferson before touring the classical architecture and gardens of his mountaintop home. The next day, we will have a short ride to Jamestown, founded in 1607 as the first permanent English settlement in the New World, and visit the Jamestown Settlement. Later, we will visit Yorktown, where British commander Lord Cornwallis surrendered to Washington’s troops in 1781. The final day of the trip, we will visit Virginia’s largest historical attraction, Colonial Williamsburg, a 173-acre living history museum, and explore the 88 restored and reconstructed 18th-century buildings. Tonight, we’ll enjoy a traditional colonial farewell dinner.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for tour manager, drivers, and tour guides. Deposit: \$400 per person. Double: \$4,725 per person. Single: \$5,725. Final payment is due July 10, 2026. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on October 2, 2025, starting at 8:30 am. Phone-in registrations will not be accepted on October 2<sup>nd</sup>. You must register in person at the Oasis Center.** Call Oasis for a flyer. **This is an active Level 3 trip.**

## 400 West Virginia Rails and Williamsburg Preview Show

Location: Oasis at The Meadows

Tuesday Sep 30  
Free 2:30-3:30

For more information  
or for a flyer call Oasis:  
(210) 236-5954



**For more information about Oasis call (210) 236-5954**



700 Babcock Rd.  
San Antonio, TX 78201

Non-Profit  
U.S. Postage  
PAID  
Permit No. 1135  
San Antonio, TX

## **Make a Difference One Child at a Time**

**Are you over 50 and would like to share your love of reading  
with a child for just one hour per week?**

**If your answer is yes, consider becoming an Oasis Tutor.**

- Choose a participating school in your neighborhood
- No teaching experience is required
- Free training is provided
- Hours are flexible for appointments or vacations



### **Fall Tutor Training Dates:**

**Thursday, October 9 from 9am-3pm and Friday, October 10 from 9am-12pm\***

**Location: Oasis at The Meadows, 700 Babcock Rd.**

*\* Must Attend Both Days*

**For more information contact:  
Ginny Brown at (210) 236-5954  
gbrown@oasisnet.org**



**Linking Generations-Changing Lives**